



www.mattamyhomesottawa.com

We're Back In Ottawa's Original WideLot™ Community.



NOW OPEN. Complete Range Of Homes In Kanata's Fairwinds.

Fairwinds is a special place for us. It was our very first community in Ottawa and it met with instant success. Right now it is home to more than 800 families.

Now we are back in this special community with a complete range of WideLot™ Detached homes with single or double car Garages. Our collection of Detached homes come in a wide variety of sizes and styles so there's a home that's perfect for families big or small, available on some of the very best lots in the community.

We're also now open with our very popular Village Homes, which are perfectly affordable for families just starting out. A selection of stylish WideLot™ Townhomes is also available in Fairwinds.

We invite you to come and see our 5 Model Homes and discover the Mattamy home that is best for your family. Fairwinds is a fully matured community with wonderful landscaping, community features and close proximity to shopping, recreation, dining and nightlife.

Fairwinds is now open. Again.



Townhomes From \$214,990
Detached Homes From \$299,990



Fairwinds Sales Centre
1776 Maple Grove Road, Kanata • 613.831.9369

Sales Centre Hours: Monday to Thursday 1pm-8pm;
Friday 1pm-6pm; Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



Water-main repairs complete

Physical repairs to the Woodroffe Avenue water main are complete, but outdoor-water restrictions remain in effect as city workers test the water for potability. The tests could take weeks to complete.

Last week, Mayor Jim Watson announced that the partial water ban in Barrhaven, Manotick and Riverside South will be lifted by July 15. **JOE LOFARO**

Man pinned under oven

A 58-year-old man was sent to hospital in serious but stable condition yesterday after he was pinned under an 800-pound pizza oven at a business on Hurdman Road.

Paramedics said the oven slipped off of a forklift and fell onto the man around 9 a.m. The man was treated for injuries to his chest, back and shoulder. **JOE LOFARO**

Citizens grab alleged robber

Three people chased down and caught a 22-year-old man after he allegedly pushed down and robbed a woman on Merrivale Road Tuesday night. Clayton Grichen, 22, of Ottawa, is charged with robbery and breach of probation. **METRO**



► Jacob Sancartier proposes to Janice Marie Martellacci yesterday in front of more than 3,000 people at the Algonquin College Convocation 2011 ceremony.

Boyfriend puts ring on it during convocation

► Proposal in front of 3,000-plus college classmates comes after 18-month courtship ► Boyfriend began planning big moment six months ago



JOE LOFARO
@METRONEWS.CA

Janice Marie Martellacci expected receiving her Algonquin College diploma yesterday to be an emotional event. What she didn't expect was for her boyfriend to propose to her in the middle of it.

As the 22-year-old early-childhood-education graduate walked onto the stage inside the Ottawa Convention Centre, her boyfriend, Jacob Sancartier, took the microphone

and began to profess his love for Martellacci in front of more than 3,000 people.

"Have you ever had an idea so pure, so true, that no matter what happened you knew it would all be OK because you have someone who loves you and will always love you?" asked Sancartier, as he stared into his girlfriend's eyes across the stage.

Martellacci stood openmouthed in disbelief as he approached her during his speech. In the front rows, eyes were quickly filling

"I was like 'He can't. He can't do it now.' I can't believe you did this."

JANICE MARIE MARTELLACCI

with tears as the 26-year-old got down on one knee and put the diamond ring on his girlfriend's finger after she said yes.

The room erupted with applause and loud cheers.

Sancartier, the college's re-elected students' association president, repeatedly told Martellacci

before the ceremony to just ignore him on stage.

"I just didn't want her to know," said Sancartier after the proposal.

The two have been seeing each other for about a year and a half, and it was six months ago when Sancartier started to plan the proposal.

"There's no more memorable place than the brand new (Ottawa) Convention Centre," said Sancartier. "It's supposed to be a public declaration so you can't get much more public, right?"

1

news


Move over pole-dancing and Zumba: The latest Hollywood fitness craze is banging the drums. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

City council gave final OK to several important motions including \$59 million for six new O-Trains. Read about it at metronews.ca/ottawa

ON GUARD

Kingston, Ontario

SUNSET CEREMONIES

Wednesdays 7:30 pm ♦ July & August

FORT HENRY

NATIONAL HISTORIC SITE OF CANADA

1-800-437-2233 ♦ forthenry.com

SMART PHONE SMART PRICE

Nexus S from Google™

- Smartphone powered by Android™ 2.3
- Brilliant 4" contour display
- 5 MP camera with HD video capture
- Powerful 1GHz processor
- 16 GB of internal memory

\$100

with 3-year Fido Agreement on select plans*



The Fido network covers
32 million
Canadians



**It's a great time to be with Fido
or to make the switch.**

Go to fido.ca/nexus, visit a store or call 1-866-301-3436



Offers subject to change without notice. One time activation fee of \$35/line may apply. *With 3-year Fido Agreement and Data Add-on on monthly plans of \$25 or more; early cancellation fees apply. Taxes extra. ™Android and Google are trademarks of Google Inc. Fido & design are trademarks used by Fido Solutions. © 2011

Where's Frodo when you need him?

► Ottawa couple appeals to community, Internet for help finding talkative feathered friend



SEAN
MCKIBBIN
@METRONEWS.CA

An Ottawa couple is appealing to the community for help after losing their Congo African Grey parrot named Gandalf.

"I had taken Gandalf and the dogs out for a walk and for whatever reason one of them spooked him and he took off on me," said Greg Young, whose wife Amy posted a somewhat more ... colourful description of what happened on reddit.com, along with a plea for help and a link to a similar plea on Kijiji.

"His wings had been clipped so I didn't think he could fly," said Young, who lives in the near Innes Road and Cyrville Road.

The shy grey parrot with



► Gandalf, the Congo African Grey parrot.

a red tail can indeed fly, although it appears not very well. Young said a couple that spotted the wayward bird Monday night in a tree near Meadowbrook Road said the parrot's landings resembled "a three-year-old piloting a 747."

"It's because he doesn't have the same control with his wings clipped," said Young.

Although he's only had the parrot for a month,

Young said he has bonded with the two-and-a-half year-old bird.

"I'm really lost without him," said Young. The couple owns a cockatiel, who also seems to be down in the dumps about Gandalf leaving home.

If people spot Gandalf (named for J.R.R. Tolkien's famous wizard) Young says they should give him a call at 613-407-9150 and not try to feed him or catch him. Young said it will be easier for him to entice the bird with his favourite treats if Gandalf is hungry.

"You can keep an eye on him obviously and try engaging him by talking to him, to try to keep him from leaving," Young said. Gandalf likes to say his name and says "hi" and "hello" a lot, said Young.

► Claude Regnier, right, weaves through a series of cones on his skateboard at the 2006 Nations Cup event in Paris. Ten competitors from Ottawa will compete in a national skateboarding race in Ottawa on July 1.



Skater tourney to hit capital

Four-time skateboarding champion Claude Regnier has been skateboarding since the early 1970s and, at 52, there's no slowing down.

On July 1 and 2, he and about 40 other contestants will race in the Canadian National Slalom Skateboarding Championships and 8th Annual Dovercourt Open in Westboro.

The aim of the race is to manoeuvre a skateboard around a series of cones in

the least amount of time. Time penalties are applied to a racer for each cone he or she hits.

"It's about speed and precision," said Regnier. "Races are won by thousandths of a second."

The grandfather of five is not in it to win, he said, but rather to ride and train the others in the race. Besides, he already has championship titles under his belt from races in 1981, 1982, 1986, and 1990.

Canada hasn't hosted the World Championships of Slalom Skateboarding since 1986, and Regnier said he's anxious for that race to come to his city from Aug. 19-21.

"It's a big deal for the race community and it's a great potential for sponsors and racers," said Regnier. "A lot of my European friends who are going to the World Championship in August have never been to Canada." **JOE LOFARO**



Alex Zhu
Scotia advisor

"Alex helped open the door
to our new start in Canada."

The **Scotiabank StartRight**® Program*, specially designed for newcomers, makes settling in Canada easier. Let one of our knowledgeable Scotia® advisors show you how.

**Start Right Here. Find your nearest Scotiabank branch
or visit scotiabank.com/startright**

 **Scotiabank** 
StartRight™
PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

*Registered trademarks of The Bank of Nova Scotia. ™Trademark of The Bank of Nova Scotia.
The Scotiabank StartRight Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.



Arrive & THRIVE!

Check in, get changed then make a b-line for the nearest patio in our picturesque downtown and begin your getaway chill! Savour flavours from around the world within a few short blocks! Pick up a couple of gourmet ice cream cones and take an evening stroll by the water.



Sights, Sounds & SPARKS!

Fort Henry is Ontario's newest and only World Heritage Site with the Rideau Canal and Kingston Fortifications. World-Class daily interactive programs, guided tours, events, candlelight dining, explosive evening Sunset Ceremonies with fireworks in July & August, the United States Marine Corps weekend in August and informative exhibits make us a 'must see' while visiting Kingston.



State of the ARCHITECTURE

A stately Prime Minister's villa, a lively stable turned restaurant, Canada's First Capital building and a historic train station are only a small sampling of the stunning and well preserved architecture in Kingston. Take a 50 minute Tour Trolley ride and see one of Canada's oldest cities portrayed in a variety of design styles!



Snap a SUNSET

Candlelight dining under the stars, an exceptional evening of dinner, live entertainment and dancing. Thousand Islands cruising with live entertainment and commentary on every departure aboard a magnificent triple-decked paddlewheeler. Narrated 1.5 hour tours of the westerly islands and Kingston's historic waterfront. Private Charters & Group Rates available.



Book your Kingston experience NOW!

visit **kingston.ca**



* p.p/dbl. occ.

Man hospitalized after collision

MIKE CAROCCETTO/FOR METRO

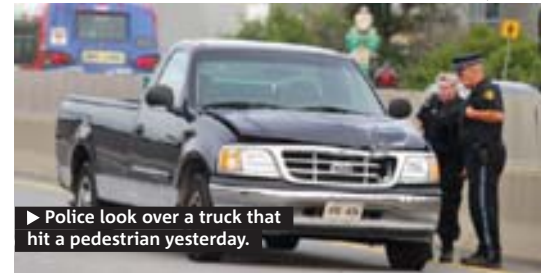
A 21-year-old man was struck by a truck while he was crossing the east-bound lanes of Highway 417 and taken to hospital in critical condition yesterday.

The highway was closed between Rochester and Kent streets for a number of hours, tying up morning traffic. By

7:15 a.m. the highway was re-opened.

Paramedics said they were called to the scene of the accident around 4 a.m. They said the man had "multiple-system trauma" and was taken to the Ottawa Hospital where he was listed in critical condition.

● SEAN MCKIBBON



► Police look over a truck that hit a pedestrian yesterday.

Fly high with Quidam

JESSICA SMITH/METRO

► Cirque du soleil opens in Ottawa ► Show known for quirky costumes and unbelievable physical feats by performers



JESSICA SMITH
@METRONEWS.CA

Acrobats, clowns and contortionists are in town for the Cirque du soleil's travelling show Quidam, which opened at Scotiabank Place last night.

It features athletes from all over the world. Andrii Bondarenko is a "flier" in the acrobat show — often the one tossed into the air or perched on the top of a tower of acrobats, eliciting gasps from the audience.

"We have a lot of good parts, but my favourite, it's maybe the swing," he said. "People are like, 'Oh, oh, oh my gosh.' They're afraid."

He's from Ukraine, where he learned acrobatics with his brother Sasha,

What to expect

Some of the acts:

- Aerial contortion in silk.
- Banquine acrobatics.
- German wheel.
- Aerial hoops.
- Juggling.

The plot:

- "Young Zoé is bored. Her parents, distant and apathetic, ignore her. Her life has lost all meaning. Seeking to fill the void of her existence, she slides into an imaginary world — the world of Quidam — where she meets characters who encourage her to free her soul."

CIRQUE DU SOLEIL STAFF

who performs with him in the show.

Quidam runs until June 30.



► Andrii Bondarenko shows off some of his acrobatic skill.

Civilian committee wrong to hold closed-door meeting: Investigator

Ottawa's new election-compliance audit committee was wrong when it quickly decided to go in-camera at the beginning of its first meeting, the city's meeting investigator told city council yesterday.

As a result, the committee members — who are civilians, not councillors — will receive "further

"I've reluctantly come to the conclusion that the average layperson does not understand (rules governing open government), and even lawyers who do not practise directly in the municipal-law field (don't understand either)."

DOUGLAS WALLACE, MEETING INVESTIGATOR

guidance" on the principles of open meetings.

"The rules regarding open government are not

self-evident," said Douglas Wallace, the meeting investigator.

The closed meeting

that Wallace investigated was held on April 18, when the committee gathered to hear a complaint about election spending, which was eventually dismissed.

The committee went into a closed meeting to discuss whether to grant a request to postpone the meeting.

● JESSICA SMITH

FROM 0 TO "SERIOUSLY, IT DOWNLOADED ALREADY?" IN SECONDS.

DOWNLOAD & SURF UP TO 8X FASTER WITH ROGERS ULTIMATE HI-SPEED INTERNET.

From the people who brought you SpeedBoost™ technology, now get internet speeds up to 50 Mbps.¹ Download documents, music, movies and surf the internet up to eight times faster as compared to standard DSL.²

Why wait? Switch to Rogers Hi-Speed today at
rogers.com/8xfaster



CANADA'S RELIABLE NETWORK

ANOTHER FIRST. ONLY FROM  **ROGERS™**

¹ Speeds may vary with internet traffic, server, gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem setup: the system is configured to maximum modem capabilities within Rogers own network. ² Within Rogers Cable serviceable area. Current as of May 12, 2011. Comparison between Rogers Hi-Speed Ultimate (download up to 50 Mbps) and Bell Internet DSL Performance (download up to 6 Mbps). ©2011

“BEAUTIFUL SKIN
NEEDS PROTECTION.”

– Jennifer Lopez

Introducing Venus®
PRO SKIN
MOISTURERICH™

Designed with shave gel bars,
enhanced with a triple blend of
body butters for comfort. They help
protect your skin with every close
stroke. Leaving you with beautiful
smooth skin that is free of worries.
And your goddess free to be.



'You're my woman now'

► Found on a Moncton street, woman tells court of her abduction

A New Brunswick woman who disappeared for 26 days last year after leaving a shopping mall says the man accused of abducting her did so at knife-point, threatened to kill her and later told her, "You're my woman now."

The 55-year-old woman testified yesterday at the trial of Romeo Cormier that she left the Moncton mall where she worked shortly after 8 p.m. on February 26, 2010, when she bumped into the man and apologized.

She said the man — whom she identified in court as Cormier — grabbed her and she saw a knife coming at her face, so she put her hand up and was cut across three

knuckles.

"I thought I was being robbed," testified the woman, who can't be identified due to a publication ban.

She told the jury that they got to a rooming house and she was led to a basement room.

The woman told the court she was sexually assaulted almost every day she was held in the basement. She escaped when he left the house to go to a food bank.

Cormier, who is 63, has pleaded not guilty to kidnapping, forcible confinement, sexual assault, assault with a weapon, theft and uttering death threats.

THE CANADIAN PRESS

Yemen. Conflagration



► A Yemeni soldier shouts slogans as he's lifted into the air by anti-government protesters in Sana'a, Yemen, yesterday — the day 60 suspected militants tunneled their way to freedom.

HANI MOHAMMED/THE ASSOCIATED PRESS

Mass jailbreak fuels chaos

Chaos in Yemen deepened yesterday as nearly 60 suspected al-Qaida militants tunneled their way out of a prison in the lawless south. Much of Yemen has been paralyzed by massive protests demanding the ouster of longtime leader Ali Abdullah Saleh. He was wounded in an attack this month and his departure for treatment in Saudi Arabia has failed to quell the unrest.



EMPLOYEE PRICING EVENT

PAY WHAT GM EMPLOYEES PAY**

CRUZE LS

MSRP

\$16,526

EMPLOYEE PRICE

\$14,975*

OFFERS INCLUDE FREIGHT, PDI, LEVIES & GM OWNER LOYALTY BONUS*



L7Z TURBO**



www.aac.ca

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA

2011 CANADIAN CAR OF THE YEAR.

TOP SAFETY PICK 2011

54 MPG HIGHWAY
5.4 L/100 km HWY
7.8 L/100 km CT*

	2011 Chevrolet Cruze LS	2011 Hyundai Elantra L	2011 Honda Civic DX Sedan	2011 Mazda3 CX Sedan	2011 Toyota Corolla CE
MSRP* (Freight In)	\$16,445	\$17,334	\$17,385	\$17,690	\$16,850
6-speed Manual Transmission	Standard	Standard	5-Speed	5-Speed	5-Speed
16" Wheels	Standard	15" Steel	15" Steel	16" Steel	15" Steel
Stabilitrak	Standard	Standard	Not Available	Standard	Optional
10 Airbags	Standard	6 Airbags	6 Airbags	6 Airbags	6 Airbags
Power Windows	Standard	Standard	Standard	Standard	Optional
Power Door Locks	Standard	Standard	Not Available	Not Available	Optional
Remote Keyless Entry	Standard	Not Available	Not Available	Not Available	Optional
Passenger Volume (L)	2,679	2,707	2,574	2,665	2,605
Cargo Volume (L)	425	420	340	335	348
Highway Fuel Consumption*	5.4 L/100km	4.9 L/100km	5.4 L/100km	5.9 L/100km	5.6 L/100km
Powertrain Warranty*	5 year / 160,000 km	5 year / 100,000 km	5 year / 100,000 km	5 year / 100,000 km	5 year / 100,000 km

*Vehicle specifications according to latest information available on the manufacturer's website at the time of printing. **Based on natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees***

THE BEST COVERAGE IN CANADA

5 YEARS 160,000 KM**

*POWERTRAIN COMPONENT LIMITED WARRANTY
**MANDATORY ASSISTANCE
***CHIEFEST TRANSPORTATION

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Customers eligible for a GM Owner Loyalty Bonus will receive a \$1,000/\$750/\$500 manufacturer to consumer incentive (tax included). Example: \$10,000 purchase price, after tax price is \$11,300 (\$10,000 plus \$1,300 applicable taxes). After applying \$1,000/\$750/\$500 credit, after tax price is \$10,300 (\$10,000 plus \$300 applicable taxes). **Based on natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. ***Factory order or dealer trade may be required. Offer more information go to chevrolet.ca. 2011 Chevrolet Cruze equipped with standard 1.8L ECOTEC 4-cylinder and 6-speed manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. 112011 Cruze LTZ MSRP with freight, PDI & levies \$25,374. Dealers are free to set individual prices. †Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6222 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. **Offer available to retail customers in Canada between June 6, 2011 and August 31, 2011. Applies to new 2011 and 2012 GM vehicles, excluding Chevrolet Volt, Sonic, Orlando, Express and GM Savana at participating dealers in Canada. Employee price excludes freight, license, insurance, registration, fees associated with filing of movable property registry PPSA fees, duties, marketing fees and taxes. Dealer may sell for less. Dealer order or trade may be required. Limited quantities of 2011 models available. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

City life may be hard on brain: Study

► Research could help explain how urban living boosts risk of mental disorders like schizophrenia

This may come as no surprise to residents of big cities: Living there can be bad for your mental health.

Now researchers have found a possible reason why. Imaging scans show that in city dwellers or people who grew up in urban areas, certain areas of the brain react more vigorously to stress.

Previous research has found that growing up in a big city raises the risk of schizophrenia. And there's some evidence that city dwellers are at heightened risk for mood and anxiety disorders, although the evidence is mixed.

The volunteers scanned in the new study, published in today's issue of the journal *Nature*, were healthy, and experts said that while the city-rural differences in brain activity were intriguing, the results fall short of establishing a firm tie to mental illness.

The study, done by Central researchers from the Institute of Mental Health in Mannheim, Germany, and the Douglas Mental Health University Institute in Montreal, focused on how the brain reacts to stress caused by other people.

To do that, investigators had volunteers lie in a brain scanner and solve math problems. The volunteers expected easy problems, but they were in fact hard enough that each volunteer ended up getting most of them wrong. While in the scanner, volunteers heard a researcher criticize their poor performance.

Volunteers from cities of more than 100,000 showed more activation of the amygdala, an area of the brain which reacts to threats in one's environment, than participants from towns of more than 10,000. Those in turn showed more activation than people from rural areas. Researchers assigned each volunteer an "urbanicity" score based on how many years they'd spent by age 15 in a city, town or rural area. The higher the score, the more urban their childhood life was.

The study can't reveal why city life would boost the brain responses, but it could be because of the stress from dealing with other people, said Dr. Andreas Meyer-Lindenberg, senior author of the report.

THE ASSOCIATED PRESS

MARK LENNIHAN/THE ASSOCIATED PRESS/FILE



► People walk to work on Wall Street in New York. New research shows city life may be bad for mental health.

Saudis pledge \$70M for housing

A UN agency aiding Palestinian refugees said yesterday that Saudi Arabia is contributing \$70 million US for new housing units in the Gaza Strip. Israel has authorized construction of the 1,200 new homes and

18 badly needed schools in Gaza, in what would be one of the largest housing projects in the seaside territory in years.

Israel, which controls the cargo crossings into Gaza, has largely banned the entry of construction materials into the coastal strip since Hamas militants seized control in 2007. Israel withdrew from Gaza in 2005.

THE ASSOCIATED PRESS

Fashion designer sorry for his anti-Semitism

Former Dior designer John Galiano took the stand yesterday and testified that he remembers nothing about allegedly using anti-Semitic slurs at a Paris cafe due to his "triple addiction" to alcohol, barbiturates and



► John Galiano

sleeping pills.

But he apologized for spouting an anti-Semitic diatribe in a separate incident captured in video.

THE ASSOCIATED PRESS

restaurant · pub
D'Arcy McGee's
established 1996
44 SPARKS STREET • 613-230-4433

World's Greatest
CANADA DAY PARTY Version 13.0
CHECK OUT SOME GREAT
CANADIAN MUSICIANS
ALL DAY + ALL NIGHT, JULY 1ST

Greg Wyard
Gentlemen Husbands
The Eric Eggleston Band

A WEE BIT OF IRELAND
AND A WHOLE LOTTA CANADA DAY!

Find us on facebook at:
OTTAWA.DARCYMCGEES.COM/FACEBOOK

metro

Restricted. Access



► Minister of Foreign Affairs John Baird, right, and Minister of Defence Peter MacKay speak to reporters yesterday in the foyer of the House of Commons regarding documents relating to Canadian-transferred detainees in Afghanistan.

SEAN KILPATRICK/THE CANADIAN PRESS

Tories release Afghan docs

The Conservative government released 4,000 of some 40,000 classified documents yesterday, reviving long-dormant questions about whether Canadians knew the prisoners they handed over might be tortured in Afghan jails. The Tories say that brings the matter to a close. The Harper government nearly fell in late 2009 over claims it was turning a blind eye to abuse.

Obama lays out cyber-war rules

► Cyber-security experts and defence officials agree cyber war will be a part of any future conflict

U.S. President Barack Obama has signed executive orders that lay out how far U.S. military commanders around the globe can go in using cyber attacks and other computer-based operations against enemies and as part of routine espionage in other countries.

The orders detail when the military must seek presidential approval for a specific cyber assault on an enemy and weave cyber capabilities into U.S. war fighting strategy, defence officials and cyber-security experts told The Associated Press.

Signed more than a month ago, the orders cap a two-year Pentagon effort to



► Obama

draft U.S. rules of the road for cyber warfare, and come as the U.S. begins to work with allies on global ground rules.

The guidelines are much like those that govern the use of other weapons of

war, from nuclear bombs to missiles to secret surveillance, the officials said.

In a broad new strategy document, the Pentagon lays out some of the cyber capabilities the military may use during peacetime and conflict. They range from planting a computer virus to using cyber attacks to bring down an enemy's electrical grid or defence network.

"You don't have to bomb them anymore. That's the new world," said James Lewis, cyber-security expert at the Center for Strategic and International Studies. The entire strategy has not been released.

THE ASSOCIATED PRESS

U.S. sets Afghan exit strategy

Beginning to wind down a long and devastating war, U.S. President Barack Obama announced last night he was pulling home 33,000 troops from Afghanistan by next summer, withdrawing the "surge" of forces he had sent to rescue a flailing effort. Said Obama to a country eager for an exit: "The tide of war is receding."

A total of 10,000 troops will leave the war zone by the end of this year — fulfilling Obama's promise — and more than 20,000 additional forces will leave by the summer of 2012.

THE ASSOCIATED PRESS

2014

Almost 70,000 troops will remain until the transition is complete in 2014.

With a dual core, it's twice as nice.



LG Optimus 2X

Introducing the NEW LG Optimus 2X

- World's first dual core 1GHz processor
- 4-inch touch screen
- 8 MP camera/1080p camcorder
- Android 2.2 OS
- 8GB internal memory

\$295
WITH YOUR
WINDtab™

Smart Plan

\$25
/mo

Unlimited local talk
+ CA/US text*
From any WIND Zone.

\$10/mo. Unlimited data*
Fair Usage Policy applies.
From any WIND Zone.

Add

The Power of Conversation™



WINDmobile.ca

WIND STORES

OTTAWA

Carlingwood Shopping Centre

St. Laurent Shopping Centre

Billings Bridge

Maple Leaf Plaza

NEW Rideau Centre

ORLÉANS

Place d'Orléans

NEPEAN

Bayshore Mall

*Conditions apply to all plans, add-ons and WINDtab™. Learn more at WINDmobile.ca. WINDtab™ is available at participating locations. All services subject to WIND's Terms of Service and are for personal use by an individual. Data services are subject to WIND's standard Fair Usage Policy and Internet Traffic Management Policy. WIND, WIND MOBILE and WINDtab are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. ©2011 WIND Mobile. LG and the LG logos are registered trademarks of LG Electronics and its affiliates. ©2011 LG Electronics. All rights reserved. All other trademarks are the property of their respective owners.

GEOFF ROBINS/THECANADIANPRESS



► Former U.S. vice-president Al Gore's work on the climate problem has earned him a Nobel Prize and was highlighted in an Oscar-winning documentary.

Gore scolds president

► Says 'bold action' has yet to be emphasized in global warming crisis

Former U.S. vice-president Al Gore is doing what few environmentalists and fellow Democrats have done before: criticizing President Barack Obama's record on global warming.

In a 7,000-word essay for Rolling Stone magazine that was posted online yesterday, Gore says Obama has failed to stand up for "bold action" and has made little progress on the

problem since he took over from Republican President George W. Bush. Bush infuriated environmentalists by resisting mandatory controls on the pollution blamed for climate change, despite overwhelming scientific evidence that the burning of fossil fuels is responsible.

Gore does credit Obama's political appointees

with making hundreds of changes that have helped move the country "forward slightly" on the climate issue, but says the president "has simply not made the case for action." He is the second Clinton administration official this month to express disappointment with Obama on environmental issues. Former interior secretary Bruce Babbitt, in a speech

in early June, said Obama had yet to take up the "mantle of land and water conservation ... in a significant way."

"Obama has never presented to the American people the magnitude of the climate crisis," Gore says. "He has not defended the science against the ongoing withering and dishonest attacks."

THE ASSOCIATED PRESS

Audi
Certified Pre-Owned



The one



Finance from
0.9%*

Until June 30, you can get into any 2006-2011 Certified Pre-Owned A4 with low finance rates, an industry leading 300+ point inspection, 24/7 roadside assistance and available Audi Care pre-paid maintenance, your expectations will have to get used to new heights. Visit audi.ca/certified

mark motors
of ottawa
Mark of Excellence!

West
295 West Hunt Club Rd.
613-723-1221

East
611 Montreal Rd.
613-749-4275

Follow us on Facebook!
[facebook.com/MarkMotorsAudi](https://www.facebook.com/MarkMotorsAudi)
markmotorsofottawa.com

© 2011 Audi Canada. *) Initial low financing offer available on approved credit through Audi Finance. Example: MSRP of \$29,900 for a 2007 Audi A4 2.0T quattro Sedan with automatic transmission financed at 0.9% APR for 24 months, requires \$900 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. With a down payment of \$3,000, the cost of borrowing would be \$207 for a total obligation of \$29,207 including taxes and finance charges, PPSA, license insurance, registration and applicable taxes are extra. Offer ends June 30, 2011 and is subject to change or cancellation without notice. European model shown with options and features that may not be available at the time of purchase. "Audi", "A4" and the four rings emblem are registered trademarks of Audi AG.

that got away

U.K. teen faces cyber charges

British police filed charges yesterday against a teenager suspected of involvement in cyberattacks on the CIA website.

Ryan Cleary, 19, has been charged with five offences under the Computer Misuse Act, police said.

One of the charges relates to bringing down the website of Britain's Serious Organized Crime Agency — the U.K.'s FBI equivalent — using a flood of traffic, in what is known as a "distributed denial of service" attack.

Cleary is suspected of having ties to the Lulz Security hacking collective, which has recently targeted Sony, the CIA website and the U.S. Senate computer system.

British police had said Tuesday that a computer seized following Cleary's arrest was being examined

Lulz

The group has denied Cleary's involvement in their attack.

► **Denial.** Lulz, which has used its Twitter account as a platform to taunt victims and announce cyber coups, has dismissed speculation Cleary was involved in its operations. The group said that while it had used Cleary's servers, he was "at best, mildly associated with" Lulz.

specifically for Sony data on it.

All of the charges announced yesterday are U.K.-related, and it was not known if the FBI also planned to file charges.

THE ASSOCIATED PRESS

Experts warn junk threatens satellites

► **Space trash:** Conference hears how man-made debris is making a mess
► **NASA, ESA outline massive threats to satellites at Quebec conference**

There are 19,000 pieces of space debris, larger than the size of a baseball, floating above the Earth and they're threatening Canadian satellites that provide valuable information.

The space junk has even left dents on the International Space Station, where astronauts have also ended up with cuts on their space gloves.

The threats caused by the debris are the focus of a two-day international conference held at the Canadian Space Agency, near Montreal.

A key official with the



► The International Space Station

NASA/GETTY IMAGES

NASA

Longueuil, Que., hosted the Inter-Agency Debris Coordination Committee.

► **Threats.** Officials from NASA and the European Space Agency were among those who made detailed presentations about the threats.

space agency is worried that several vital satellites could be hit by the space debris and knocked out of operation.

Dave Kendall, the agency's director-general of space science and technology, has been keeping an eye on two RADARSAT

satellites that provide information about ice-infested waters to shipping companies and national defence.

THE CANADIAN PRESS

mobilicity



National Break Your Wireless Contract Day

\$200

when you transfer your wireless number to Mobilicity.
One day only. Saturday, June 25th.

**Use this \$200 credit towards mobile freedom.
Visit your local Mobilicity store and switch today.**

Switch to Mobilicity today.

Mobilicity urges customers to terminate any contract only with knowledge of and in accordance with any applicable contractual terms. \$200 credit is provided to customer's My Wallet™ account, in equal installments of \$40 per month for 5 months, when customer transfers his/her number on a new activation, and may not be redeemed for cash and contain no cash value. Taxes are extra. Limited time offer. Offer valid only at participating locations here listed. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. Terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

Mobilicity Stores

2525 Carling Ave
(Lincoln Fields Mall)
1595 Merivale Rd, Unit 6
(Meadowlands Mall)
168 Rideau St
(Corner of Rideau & Dalhousie)
100 Bayshore Dr
(Bayshore Shopping Centre)

173 Montreal Rd
(Montreal Rd & Vanier Parkway)
888 Meadowlands Dr E, Unit 8
(Meadowlands & Prince of Wales Dr)
300 Eagleson Rd
(Hazeldean Mall)
2446 Bank St, Unit 103
(Towngate Shopping Centre)

Authorized Dealers

L-Tronix Ltd.
1652 Bank St
FTA Tronix
1807 Carling Ave
ANT Electronics
625 Centre St
Computer Idol
203 Colonnade Rd

L-Tronix Ltd
500 Eagleson Rd
Rocknet Telecom
1020 St. Laurent Blvd, Unit 12
Bullo Wireless
1414 Walkley Rd
IGO Cyber House Inc.
223 Bank St

Computer Onsite
1439 Woodroffe Ave
Joe Mobile Tech
780 Baseline Rd, Unit 22

mobilicity
mobilicity.ca

HURRY IN!
ONLY 3 DAYS LEFT



4-DAY CASH BONUS SALE

4 DAYS ONLY! JUNE 22-25

ON ALL NEW 2011/2012 IN-STOCK VEHICLES

PLUS AN ADDITIONAL \$500 TO
\$750
CASH
BONUS

**0% FINANCING
AVAILABLE ON
ALL 2011
MODELS****

PAY
UNTIL FALL ON SELECT
MODELS*

ALL VEHICLES INCLUDE:



MP3/USB
INPUT



BLUETOOTH
CONNECTIVITY*

PLUS
\$500
CASH
BONUS



Rondo EX-V6
Luxury shown

2011 **KIA RONDO**

CASH PURCHASE PRICE FROM
\$14,995 NOW GET UP TO
\$5,000
IN CASH SAVINGS*
Includes \$750 loyalty bonus*
and \$4,250 cash credit*

ALL-IN PRICE
\$16,679

Offer includes delivery, destination and fees of \$1,684.



HWY: 7.5L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)



WE'VE GOT YOU COVERED

5-year/100,000 km worry-free comprehensive warranty
*5-year/100,000 km powertrain warranty
*5-year/100,000 km extra care roadside assistance
*no deductible charge

PLUS
\$500
CASH
BONUS

TOP
SAFETY
PICK 2011[†]
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY



Forte SX shown

2011 **KIA FORTE**

FOR UP TO **60** MONTHS**
0% FINANCING APR PLUS

CASH SAVINGS† & **PAY** UNTIL FALL*



HWY: 5.7L/100KM (50 MPG)
CITY: 8.1L/100KM (35 MPG)

Visit kia.ca to learn more.

Making informed decisions -
that's how we can all drive change.

Follow us on



PLUS
\$750
CASH
BONUS

TOP
SAFETY
PICK 2011[†]
INSURANCE INSTITUTE
FOR HIGHWAY SAFETY

MOTORING[△]
2011
CAR OF THE YEAR



Sportage EX
Luxury shown

2011 **KIA SPORTAGE**

LEASE IT FROM **\$289** AT
PER MONTH FOR UP TO 48 MONTHS **2.9%**
LEASE APR

\$3,480 down payment. Offer includes delivery,
destination and fees of \$1,784.



HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

KIA MEMBER REWARDS

Earn points towards future discounts.
It's **FREE** and it's incredibly rewarding.



Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies.
Prices do not include dealer administration fees (\$399 to \$699), licensing, PPSSA or applicable taxes.

CERTIFIED PRE-OWNED*



Offers available on all new 2011 models through participating dealers to qualified customers who take delivery by June 30, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. *\$500 to \$750 bonus cash available for all qualified customers who purchase and take delivery of a 2011/2012 Kia model between June 22-25, 2011. \$750 bonus cash available on all 2011 or 2012 Kia Sportage/Sorento models and includes \$250 dealer participation. \$500 bonus cash available on all other 2011 or 2012 Kia models and includes \$250 dealer participation. Bonus cash is deducted from negotiated price before taxes. Offer available at participating dealers on in-stock vehicles only. All offers exclude licensing, registration, insurance, PPSSA, applicable taxes and variable dealer administration fees (up to \$699). **0% purchase financing available on all 2011 models on approved credit (GAC). Term varies by model and trim. Financing example based on 2011 Kia Soul (S30508) with a selling price of \$17,679, financed at 0% APR for 60 months. Monthly payments equal \$25 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0 for a total obligation of \$17,679. Delivery and destination fees (\$1,684), other fees (\$34), OMVIC fee, Environmental Fee and A/C tax (where applicable) are included. License, insurance, applicable taxes, variable dealer administration fees (up to \$699), PPSSA and registration fees are extra. Financing example excludes \$500 loan credit. Retailer may sell for less. See dealer for full details. *Don't Pay Until Fall* on select models (2012 payment deferral) applies to purchase financing offers on all models on approved credit (GAC/2011 Sportage/Sorento/Borrego/Sedona excluded). No interest will accrue during the first 90 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Loan credit (cash savings) for 2011 Forte Sedan (F0540B and F0740B) is \$750, and is available on purchase financing only on approved credit (GAC). Loan credit varies by model and trim. *Cash purchase price for 2011 Rondo (0N75B) is \$16,679 and includes a cash credit of \$5,000 (\$5,000 includes \$4,000 cash credit, \$250 dealer participation and \$750 loyalty bonus), delivery and destination fees of \$1,684, OMVIC fee, Environmental Fee and Air Tax (where applicable) based on an MSRP of \$21,679. Cash purchase price excludes licensing, registration, insurance, PPSSA and applicable taxes. Available at participating dealers. *Loyalty Bonus offer available on 2011 Kia Rondo models at a value of \$750 for any current Kia owners towards the purchase or lease of a new 2011/2012 Rondo. Offer applicable to cash purchase, lease and purchase financing only between June 30, 2011. Offer is transferable within same household only (must provide proof of address). Limit of one bonus per customer or household. Certain restrictions apply. See dealer for details. *Lease offer available on 2011 Sportage (F0540B) is \$289 (includes delivery and destination fees of \$1,650, \$500 lease credit, \$4 OMVIC fee, \$16 direct and \$100 air conditioning tax, where applicable) for 48 months at 2.9% lease APR with a \$3,480 down payment. Total lease obligation is \$12,375 with the option to purchase at the end of the term for \$7,044. Lease has 20,000 km/yr allowance (other packages available and \$0.10/km for excess kilometers). Other taxes, registration, insurance, licensing and dealer administration fees (\$699) are excluded. *Highway City fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnergyGuide Fuel Consumption Guide*. *2011 Kia Sportage/2011 Kia Forte Sedan awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sportage models manufactured after March 2010. Visit www.iihs.org for full details. *2011 Kia Sportage awarded Car of the Year by MotorTrend 2011 for Best SUV/CUV (under \$40,000) and overall Car of the Year. Visit www.motortrend.com for full details. *The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Good Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA is a trademark of Kia Motors Corporation.

KLM to run planes on old cooking oil

► **EU has told airlines to cut carbon emissions by three per cent on continental flights in 2012**

Dutch airline KLM plans to use recycled cooking oil as biofuel to power flights to and from France in a move aimed at cutting carbon emissions.

In September, KLM will begin more than 200 biofuelled flights between Paris and Amsterdam, the company said yesterday.

Camiel Eurlings, KLM managing director, said the airline does not have to make changes to its aircraft engines to use the new biofuel. As well as reducing carbon emissions, the biofuel flights are intended to

Going Dutch

► **An Air France-KLM Boeing 747** using a 50 per cent biofuel-jet fuel mix in one engine completed a demonstration flight in the Netherlands in 2009.

► **Forty people flew on the 90-minute flight**, including the Dutch economic affairs minister.

► **Virgin, Air New Zealand, Air Japan and Continental Airlines** have completed similar demonstration flights using biofuel mixes.

produce a "minimum negative impact on biodiversity and food supply."

Eurlings said he expects authorization to be granted soon for KLM's flights using the new fuel.

The European Union told airlines this year that they would have to cut carbon emissions on flights to the continent by three per cent in 2012.

Air travel is responsible for about three per cent of greenhouse gases, but airlines' share of global emissions is rising rapidly.

THE ASSOCIATED PRESS

Glub. Glub



► A staff member of Sony Ericsson submerges the Xperia Active phone into a bowl of water as it receives an incoming call at yesterday's launch in Singapore.

WONG MAYE-E/THE ASSOCIATED PRESS

Underwater phone makes a splash

Cellphone maker Sony Ericsson unveiled two new Android models yesterday in a bid to grab more of the burgeoning smartphone market dominated by Apple Inc., Research In Motion and Nokia Corp. By 2015, about 60 per cent of mobile phones sold in the Asia-Pacific region will likely be smartphones, up from 20 per cent in 2010, the company predicts. London-based Sony Ericsson will launch the Xperia Ray and Xperia Active models during the third quarter.

Canadians keen to pay off home debt

Recent mortgage borrowers appear to be aware of the risks of taking on new debt and are anxious to pay it off quickly, a Canada Mortgage and Housing Corp. survey says.

The poll found that 75 per cent felt it was "very important" to pay off their mortgages as soon as possible, while 39 per cent had set payments higher than required. Another 20 per cent had made at least one lump-sum payment since obtaining their mortgage.

The online survey of 3,512 participants tracked

only those Canadians who refinanced, renewed or took out a mortgage over the past 12 months, a time when interest rates were at or near historic lows.

That has caused some anxiety among policy-makers, including Bank of Canada Governor Mark Carney, who has warned about the dangers of taking on too much debt.

THE CANADIAN PRESS

UNTANGLE LIFE'S CHALLENGES



Connecting you to a full range of non-emergency community, social, government and health services

FREE • CONFIDENTIAL • MULTILINGUAL • OVER 150 LANGUAGES

www.211ontario.ca

Metro, CBB team up on auto website

Metro has partnered with Canadian Black Book (CBB) to help readers buy, sell and determine the value of their vehicles with a few simple clicks.

Through Metro Drive online, readers can combine Metro's automotive stories and reviews with

CBB's interactive tools, giving them access to an array of information on the trade-in values, average asking prices and future values of cars and trucks manufactured since 1998.

CBB has been providing dealers, insurance companies and banks with vehicle values for more than 50 years. The company released some of its information and services to the public last year with the launch of canadianblackbook.com. The site has gotten more than three



► Canadian Black Book has been providing dealers, insurers, and banks with vehicle values for more than 50 years.

million hits since its launch in May 2010, said Brad Rome, vice-president of sales and marketing at Canadian Black Book.

"The Canadian Black Book automotive-value guides are familiar to most people who have ever considered buying a vehicle," said Jodi Brown, Metro Canada's marketing and interactive director. "But until recently, while widely used by dealers, they have been somewhat out of reach to consumers."

Visit metronews.ca/ drive for more information about Canadian Black Book. ● PHOEBE HO

Market moment

TSX	Dollar
+ 49.19 (13,112.51)	- 0.08¢ (102.76¢ US)
Oil	Natural gas
	1,000 cu ft
+ \$1.33 US (\$95.50 US)	\$4.348 (- 4¢)
	Gold contract
	\$1,553.40 (+ \$7)

ADVERTISING: WATSON/STYLIST

Back-to-work bill for posties on MPs' agenda

Prepare for a parliamentary postal pyjama party.

The House of Commons was expected to break for the summer today, but both the Conservatives and the Opposition New Democrats say they're prepared to keep sitting through the weekend to

debate legislation that would send thousands of locked-out postal workers back on their routes.

The back-to-work bill contains several controversial measures, including wage rates that are lower than what Canada Post had been offering its union and guidelines for the arbitrator that some have suggested are biased toward management.

THE CANADIAN PRESS

MEMBERS GET SMARTPHONES FROM \$0.

Get a \$0 smartphone and unlimited talk and text with no term contracts.



Samsung GALAXY 550™

\$0

ANDROID
Powered



htc Legend™

\$0

ANDROID
Powered

FOR JUST \$35/mo. YOU GET:

- UNLIMITED local talk with no zone restrictions
- UNLIMITED Canada, US, and International text messaging
- Member Benefits from day 1
- PLUS add social networking for as low as \$10/mo.
- Get it all with no term contracts

virginmobile.ca/super



Shop for these hot smartphones at a Virgin Mobile store or retailer.

Some phone models and colours may not be available at retailers. Limited time offer.



IT'S BETTER TO BE A MEMBER



All pricing and plans are subject to change without notice. Cannot be combined with any other offers unless otherwise indicated. Prices require activation on the Virgin Mobile SuperTab™. For the full details go to virginmobile.ca/super. Taxes extra. Retailers may sell for less. A one-time Activation Charge applies for each phone. "Virgin Mobile" and the Virgin Mobile logo are trademarks of Virgin Enterprises Ltd. and used under license by Virgin Mobile Canada. Samsung Galaxy 550™ is a trademark of Samsung Electronics Co. Ltd., used under license. Facebook is a registered trademark of Facebook Inc. All other trademarks are the property of their respective owners and used with permission.

DUST BUNNIES MAKE GOOD PETS, THOUGH

HE SAYS ...

JOHN MAZEROLLE
METRO



My parents are visiting soon, which is exciting because it means I have to clean my apartment.

That's an unprecedented opportunity. Like an athlete

playing for a championship, this live-alone bachelor will stand with a wash bucket filled to the brim with determination and think, "Chances like this come but once in a lifetime."

You might assume that if I wanted my apartment to be clean I could fix it up any time I want, but it's not that simple.

First of all, my apartment gets messy without my knowledge. I'm not sure how it happens, but I'll leave the odd book lying around, a stray load of laundry, a whole roast chicken and — bam! — my apartment is messy.

It's not a big place, my apartment, but it has ninja skills and sneaks up on me.

An example: Just months ago, I had a typical bachelor fridge — one bottle of ketchup and a box of baking soda. But now, inexplicably, it's packed. Not with edible food,

but with homemade Accidental Soup, newly created dried fruit, and products stamped with expiry dates that evoke nostalgia. I don't know which came first, but the chicken died of old age before these eggs were eaten.

My second problem is that I'm a guy.

I don't know how many times women have warned me that their apartment is an "absolute mess." Then we step inside and there's an open magazine and half a glass of red wine. If I lay my eyes on either, they run over to remove it as if I had just discovered a human head.

Guys go through the absolute mess spiel, too, but

we mean it. A glass and a magazine would not qualify. More likely we would consider that suitably sterile for a kidney transplant.

A bit messy might involve ketchup stains on the wall and chomped cigar bits on the floor. An absolute mess would involve livestock.

But here's the thing: I want my apartment to be clean. I often do clean, but it always seems to be at the surface level — the top third of the dirty clothes get washed over and over, while the bottom two-thirds are left only with unfulfilled dreams.

With my parents arriving soon, I finally have the driving force I need to see what lies at the bottom of the hamper. Unless my parents read this and decide to stay somewhere nicer, such as a gas station bathroom.

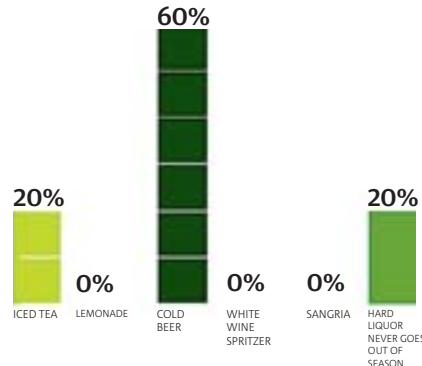
Don't show them this, please. I'm not ready to come clean just yet.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metrolifepanel.ca
and take the quick poll

What's your favourite summer beverage?



Local tweets



- @chefjayl: When I am totally slammed and stressed, opening my notebook and finding doodles from my sons, makes me smile. Thank you boys
- @adaoust13: Canada's women's soccer team is ready for its coming out party. FIFA Women's World Cup starts Sunday! <http://bit.ly/mC28Lk>
- @takeya: @keatingcaroline If you're touring Canada, please come back to Ottawa! We'd really like to see you again. We'll bring new fans.
- @rjhogue: @lizgloyn @rjhogue I'm thinking about public comments on a mobile web application I'm creating #phdchat
- @S_amplified: Just got an email that made me jump up and down with joy. No, seriously. Then I played @bestycoasty's "Happy" and jumped around more.
- @justin_ling: Once journalists get the #afdocs I imagine they'll run through the streets of Ottawa like Charlie Bucket with his golden ticket
- @tessmccann: The bus in Ottawa is \$3.75!!!! Suddenly Vancouver is looking a lot cheaper!

Worth mentioning

LONDON. A handgun once owned by gangster Al Capone sold for nearly \$110,000 US yesterday at an auction in London.

The Colt .38 revolver was manufactured in 1929, the year of the St. Valentine's Day Massacre, when seven people were slain during clashes in Chicago between Capone's gang and a rival mob.

Auctioneer Christie's says the gun went for \$109,080 US to an anonymous online bidder.

It was sold by an anonymous private collector along with a letter from Madeleine Capone Morichetti, the widow of Al Capone's brother Ralph, confirming the gun "previously belonged to and was on only used by Al Capone while he was alive."

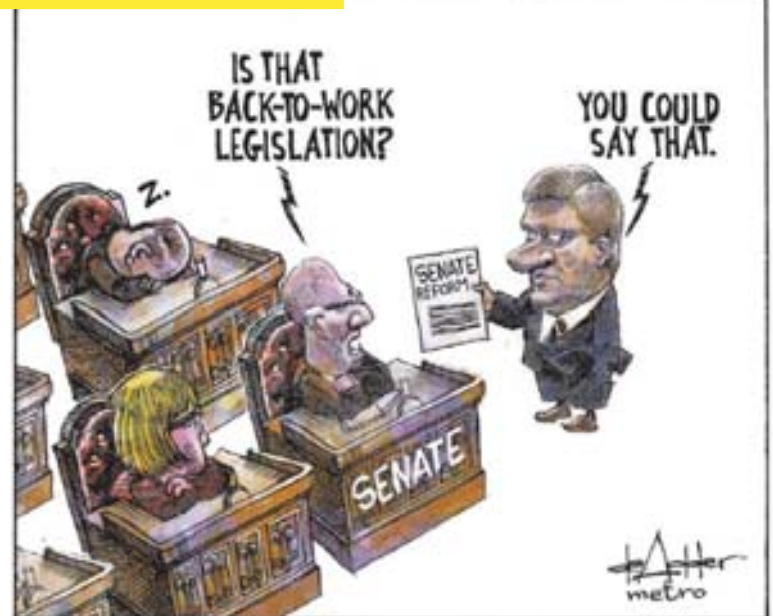
The sale price was at the upper end of the pre-sale estimate of between \$80,000 and \$113,000. It includes a buyer's premium.

New York-born mobster Alphonse (Al) Capone dominated the Chicago underworld during Prohibition until his 1931 arrest for tax evasion.

Capone died in 1947.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Little leadfoot just wanted to see his dad

A seven-year-old boy, barefoot and in pyjamas, drove a car for 30 kilometres, sometimes hitting speeds of 80 km/h, before finally slowing down and stopping with the help of authorities.

"He was crying and just kept saying he wanted to go to his dad's," Caseville, Mich., police Chief Jamie Learman said. "That was pretty much it. He just wanted to go to his dad's."

Police began looking for the Pontiac Sunfire around 10:15 a.m. Monday after someone called about a very young driver.

The boy was staying with his mother in Huron County's Sheridan Township, a rural area 180 kilometres north of Detroit. She had worked the night shift and was unaware her son and the car were gone.

The boy had hoped to drive to his father's home in Fillion, also in northern Michigan. Police pulled him over in a 90 km/h zone in Caseville Township, some 25 kilometres to the west.

Learman told the Detroit Free Press he has seen drivers younger than 15, but not someone this young.

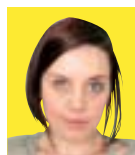
THE ASSOCIATED PRESS

Catch a new fever at the fest Saturday

► Executive director, Bruce Libbos says his goal this year is to offer a different festival experience
► Lineup consists of all local talent

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



Ottawa is well known for its outdoor festivals. But this year, there'll be a new kid on the festival block.

On Saturday, Feverfest, a new indie rock festival, will come alive.

Bruce Libbos is the executive director of Feverfest and the front man of headlining band The Goodluck Assembly.

He says the idea for this new festival was born from his desire to introduce people to the talent right here in Ottawa.

"I see too many bands from this city get little to no exposure and eventually break up due to a lack of validation," Libbos says.

"I wanted to showcase some of these hard-working bands to show what phenomenal talent we

Events

Basement Artists presents
'For the Girls'

- **When:** Sunday at 7pm
- **Where:** The Velvet Room (62 York St.)
- **Price:** \$10 in advance at The Record Shaap and Neon Clothing, \$15 at the door.
- **Velvet:** Basement Artist return to The Velvet Room on Sunday night for a great charity event in support of Plan Canada's 'Because I am a Girl.' Art will be on display for showcase and purchase. And, there will be live music too. The 'Because I am a Girl' movement is a global campaign to claim a brighter, safer future for girls all around the world.

have right here in this city."

Being a musician himself, Libbos definitely understands band dynamic.

So, he felt it was important to bring all of the bands on the lineup to-



► Feverfest, a new indie rock festival, kicks off this weekend.

gether for an afternoon photo shoot and hang out.

The focus on local bands is one of the top priorities for Libbos.

And, he paints an impressive picture of why you should check out this first-time festival.

"Have you ever gone to a tourist site in your hometown and there are tourists who have travelled the world over to witness it while, all this

"I see too many bands from this city get little to no exposure."

BRUCE LIBBOS

time, you took it for granted? These bands have that potential. Come see them before someone in Japan is telling you about them, if it hasn't happened already."

Feverfest kicks off at

12:30pm on Saturday outside the Barley Mow on Bank Street.

The Goodluck Assembly will be joined by 2009 Online World Beatboxing Champ Julia Dales, The Murder Plans, The White Wires and more.

Get your tickets at Compact Music, Vertigo Records, Ottawa Folklore Centre and through ticketweb.ca

2

scene

Draper cashes in



Don Draper is getting job security and a raise.

Jon Hamm, who plays 1960s advertising executive Draper on AMC's *Mad Men*, has signed a new contract with series studio Lionsgate Television Group.

THE ASSOCIATED PRESS



Simple Plan's newest features collaborations with Weezer's Rivers Cuomo, K'naan



A SEASON OF REASONS TO CELEBRATE WITH US!

COMMEMORATING 50 YEARS

1961-2011

Join our 50th Anniversary Celebration on June 25 - Special \$5 Admission

MILITARY RE-ENACTMENT WEEKEND — WAR OF 1812 July 9 & 10		HORSE LOVERS' WEEKEND August 26 to 28
UPPER CANADA HERITAGE CARNIVAL August 6 and 7		FALL FAIR September 17 & 18
FOOD LOVERS' WEEKEND August 13 and 14		QUILT SHOW AND CHALLENGE September 24 & 25
ANTIQUE CAR SHOW August 14		WOOD LOVERS' WEEKEND October 7 to 9

Located near Morrisburg, ON 1-800-437-2233 ♦ uppercanadavillage.com

Izzard revs up some action in Cars 2

► Comedian Eddie Izzard is no stranger to voice acting ► Metro gets the goods on his busy, varied career



NED EHRBAR
SCENE@METRONews.ca
METRO WORLD NEWS IN HOLLYWOOD

Eddie Izzard has quite the crowded business card these days: actor, stand-up comedian, political activist, marathon runner, avid Twitterer. And with *Cars 2*, he joins the ranks of Pixar voice actors as Miles Axelrod, a Range Rover-ish entrepreneur who's designed a new, environmentally-friendly fuel, Allinol.

The incredibly busy Mr. Izzard sat down with Metro just hours after arriving in L.A. from Paris, where he's doing a series of stand-up shows. In French.

With cars, you've mentioned your love of Minis and Volkswagens. Your first car was a



Mini?

Yes, a blue one with the windscreen wipers that just stopped working on my way down to London. And I thought, "I'll drive on." Without windscreen wipers, in the rain.

And, if you've never tried that, you should try it. It's interesting. The light comes in and re-

fracts. You have to punch the thing out like you're in a Schwarzenegger movie or something.

But you've never really considered yourself a big car person?

I do like cars, but I'm not a car nut. I always thought, "Well I'm doing OK, I've got a bit of money, let's get a stupid car, a crazy car." And I started hiring a few, and nothing really grabbed me.

I kept coming back to the Beetle or a Mini. Because they're kind of cool, and they didn't separate me. I wasn't saying, "Hey, look how good I'm doing."

But having said that, I'd go for any type of Jag, or an Aston Martin DB5 or 6 — there's a five and a six, and I keep looking at them going, "What's the difference?"

In this you're playing what looks like a Range Rover, though I guess we can't say that.

Yes, we can't say that, can we? I'm playing Sir Miles Axelrod, the ... am I a millionaire or a billionaire? I can't remember.

All the positive side of Miles Axelrod has something Richard Branson-esque — or me-esque, because I

was at some point studying accounting and financial management. And I am someone that, I suppose ... I have been taking my comedy around the world, and I've tried to do that in a very positive way.

You've definitely become something of a do-gooder in real life.

Yes, we've raised some money on the marathons.

The positive attitude I like about business is like the Pixar model.

You don't have to be a rape-and-pillage business. You know, you can still make a profit.

You don't have to be an ogre. You just have to

work a bit harder at it.

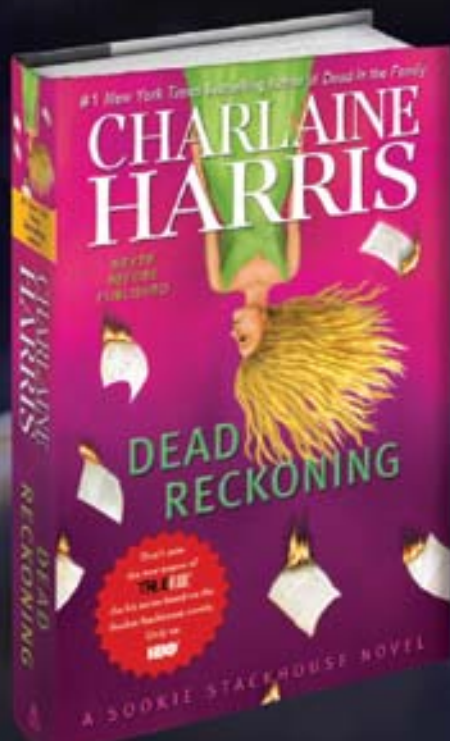
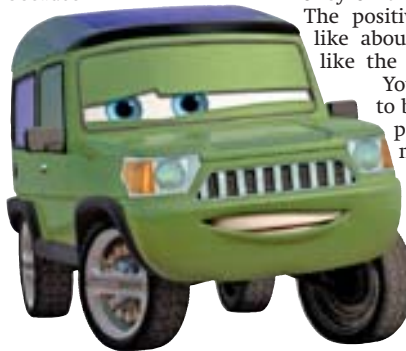
How have you found balancing all the different work you do?

It's tricky. I've got a few things to do now, whereas in my 20s I had nothing to do. I couldn't get anything going. I think if you just had a lot of films going — film after film after film — then you would just have to juggle those together.

Instead I have a film, and then do France in French, and then maybe run some marathons, and then do something political in an election campaign. S

o it's mixing things together that I want to do — but I'm not just adding things on. There is a finite number to the things I like to do.

There's about four of them.



#1 NATIONAL BESTSELLER

**THE NEW
SOOKIE STACKHOUSE
NOVEL HAS ARRIVED**

**Louisiana's favourite
vampire-loving
waitress is back!**

Craving more Sookie?



The new season of
TRUE BLOOD
premieres June 26, 9 PM MT / 8 PM PT

Only on **HBO CANADA**



WIN

**A Sookie Stackhouse
Prize Pack**

Including **True Blood** Season 3 DVD.
To register and for full contest details
visit clubmetro.com



HBO Canada and its associated logos are service marks
of Home Box Office, Inc. Used under license.

From small screen to silver screen with Segel

► Jason Segel tells Metro about working with Diaz, Muppets ► This actor, musician, writer isn't slowing down anytime soon



Jason Segel isn't one for summer vacation. While on break from *How I Met Your Mother*, the actor, writer and musician is beyond busy promoting his latest film, *Bad Teacher*, opposite Cameron Diaz and Justin Timberlake, and putting the finishing touches on his passion project, *The Muppets*. Segel found a free moment to chat with Metro about working with Diaz, not slowing down and making his own Muppet.

Bad Teacher is a great example of raunchy comedy done well. What do you think made it work?

I think one of the things that makes the movie work is that Cameron is so intrinsically likeable and is known for having such a bright personality that there's a lot of fun to be had in seeing her kind of off the rails with that character.

Was there a lot of improvisation for your scenes with her? There was quite a bit of ad-libbing. You know, Jake comes from the same school of comedy that we were kind of mentored by with Judd Apatow. I think part of our process in gen-

eral is that a lot of the hard work is done in casting, and once you've done that and you've hired people that you're confident know their parts even better than you do as the writer or director, and so you trust in them to do their thing, and it usually pays off.

Between TV, film and promotional duties, how hectic is your schedule these days?

I was in Michigan a couple of hours ago filming, and then flew into New York. I'm here for about three hours, and then back home. So pretty busy. Right now I'm filming a movie called *The Five-Year Engagement* that I wrote with my writing partner, Nick Stoller, which is another romantic comedy under the Judd umbrella. And we've got Muppets coming out.

With the first official trailer for *The Muppets* out now, you must be pretty stoked.

I couldn't be more excited. That's been a real labour of love. Nick Stoller and I started writing it almost five years ago now — four years ago. Seeing it come to fruition is really, really exciting.

I've seen cuts of it, and I think we're just inches away from some real magic. So we're very, very ex-

cited for our Thanksgiving release.

You've been doing some great parody trailers for it up until now.

I thought the very first par-

ody trailer, where it seemed like a mediocre romantic comedy, was really funny. I was watching people kind of sigh in relief that Amy Adams and I hadn't made a terrible movie.

Can you tell us anything about the Muppet you created?

Yeah, his name is Walter. He's an adorable little guy who is sort of the eyes and ears of the audience, just a

giant Muppet fan, and his goal is to reunite the Muppets, remind them of what they used to be.

It was really an honour to have my own Muppet made.

YOU
COULD

N
W

a
BWs 50
SCOOTER!



TOM HANKS JULIA ROBERTS
LARRY CROWNE

UNIVERSAL PICTURES AND VENDOME PICTURES PRESENT A PLAYSTONE PRODUCTION A TOM HANKS FILM TOM HANKS JULIA ROBERTS
"LARRY CROWNE" BYRON GRANSTON COSTUME DESIGNER TARA LIP HENSON GUEST MUSICIAN-BAND WILLIAM VALDEHERRAN PAUL GREER
EXECUTIVE PRODUCERS JAMES NEWTON HOWARD PRODUCED BY ALBERT WOLSKY WRITTEN BY ALAN COOK AND PRODUCED BY VICTOR KEMPSTER
DIRECTOR OF PHOTOGRAPHY PHILIPPE BOUSSELOT A.C. A.S.C. EDITOR JEFF KATTELLI TRAUMENFELDER
EXECUTIVE PRODUCERS PHILIPPE BOUSSELOT STEVEN SHARSHAN JED BRIDY FABRICE GANERMAN DAVID CHATSWORTH PRODUCED BY TOM HANKS GARY GUTZMAN WRITTEN BY TOM HANKS AND NIA VARDOLAKIS DIRECTED BY TOM HANKS
VENDOME PICTURES PLAYSTONE SOUNDTRACK BY NINA GOLD larrycrowne.ca facebook.com/alliancefilms ALLIANCE



IN THEATRES JULY 1



YAMAHA



► Jason Segel and Cameron Diaz in a still from their film *Bad Teacher*.

To register and for full contest details visit clubmetro.com



▶ Arnold Schwarzenegger and Maria Shriver

Arnold and Maria: divorce coming soon

They may not have initiated divorce proceedings yet, but Arnold Schwarzenegger is reportedly already paying Maria Shriver "a significant amount of child support," according to Radar Online. "Even though Maria is a Kennedy, and has inherited a great deal of money

from her parents' estate since their deaths, she is taking the child support," a source says. As for the divorce itself, the source says it's just a matter of time: "Maria wants to get a fair divorce settlement, and move on with her life," the source says. ● METRO

Lindsay's got cabin fever

- ▶ Lohan's finding house arrest a bit limiting
- ▶ Says she might return to (alcohol-free) clubbing

Lindsay Lohan admits that being under house arrest in her Venice Beach condo is starting to get to her. "I'm a very social person, and I like being outside," she tells Life & Style. "I'd like to get out more — just going out and having dinner."

And while Lohan insists that "alcohol is not in my house, so it's just not a part of my life," she hasn't ruled out a return to the nightclub life when her sentence is up. "I don't think you should ever say never," she says.

● METRO



▶ Lindsay Lohan

ALL PHOTOS GETTY IMAGES

Harry and Pippa getting friendly?



▶ Pippa Middleton

While their siblings enjoy being newlyweds, Prince Harry and Pippa Middleton have reportedly been spending some quality time together, according to Grazia. "They speak on the phone all the time and have met up at least five times since the wedding, once for tea at his Clarence House apartments," a source says. "She thinks he's got a really cheeky sense of humour." The pair have something else in common as well, as they're both recently single. "He only recently came out of a relationship, of course. He's been trying to cheer Pippa up," the source says.

● METRO

Miley's boyfriend OK by dad

Miley Cyrus is back together with boyfriend Liam Hemsworth, and her dad, Billy Ray Cyrus, couldn't

be happier. "He's a great guy. He's solid. He's got great character," Billy Ray tells E! Online.

"He's just a really good guy. I really like him a lot." Last week, Miley's brother Trace confirmed the couple was once again dating, telling Us Weekly that he and Hemsworth are "homies." ● METRO



A boy for January Jones?

If her shopping interests are any indication, January Jones is expecting a boy. The pregnant actress was spotted out in L.A. picking through baby clothes — all in the colour blue, according to Just Jared. Despite rumors and specula-

tion, the Mad Men star has still kept mum on the baby's father's identity. "She's really looking forward to this new chapter in her life as a single mom," her rep said when Jones' pregnancy was announced. ● METRO

Your debt has you maxed out, tapped out and stressed out.

More people talk to BDO for debt solutions than anyone else in Canada. And we've been doing it for over 50 years. It won't cost you anything to call. You'll feel a whole lot better when you do.

GoodThingAboutDebt.ca

BDO. THE ONLY GOOD THING ABOUT DEBT.
613-235-5225 / 1-800-754-1579

BDO

WANTED

Home-Stay Families

Interested in a culturally and socially rewarding opportunity?

We are looking for English-speaking families to welcome one or two French Canadian and/or international students aged 15-17 years this summer who will be coming to study English in Nepean. (Merivale and Viewmount/Meadowlands area)

July 3rd to August 6th, 2011

Must provide the following:

- A furnished bedroom
- 3 meals/day (bagged lunch)
- A warm and friendly environment

For more information contact Christine at 613-294-3995 or email pennysherwood@rogers.com



fait parler le monde
gets the world talking

Le Centre linguistique du Collège de Jonquière

\$ REMUNERATION PROVIDED \$

JKA Karate Camp Registration Day

Saturday, June 2nd
10am - 2pm
475 Cambridge St. South
Please RSVP online

» Monday - Friday
» 8am - 4pm
» Ages 6 - 12

jkakaratecamp.com

PUCKER UP...VIRTUALLY!

Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

metro

Dressing within the lines

► The Middletons have thrown the fashion world a curveball with their safe and pretty personal style
► Will it stick? From the looks of retail, probably



KENYA HUNT

STYLE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

It seemed like fashion's loud and wild moment

was sealed, with pop stars like Lady Gaga and Rihanna ruling the best-dressed lists and trends such as sequins and fur dominating the runways. Then a

princess entered the picture.

Something happened when Kate and Pippa Middleton made their way up the steps to Westminster Abbey in April. The sisters weren't just claiming their new roles as tabloid obsessions, they were also ushering in a trend for conservative and preppy dressing not necessarily sanctioned by the runway or magazine editors or even the whims of street style.

The Middletons are the respectable foil to Gaga's outlandishness. Their skirt lengths are modest. They wear nude stockings. Their blouses are tucked in. And their shoes aren't too high.

They're the daughters of multi-millionaire parents. Yet in a strange way, their personal style — touched by nary a Rachel Zoe or Nicola Formichetti — represents that of average working girls everywhere, women who can't afford stylists or don't want the hassle of walking around in tall Jimmy



GETTY IMAGES



GETTY IMAGES

► Pippa in Zara



GETTY IMAGES



GETTY IMAGES

► Cinched waists and skirts just above the knee. Kate and Pippa Middleton are bringing modest, preppy dressing back.

3

life

Style picks

ZARA

zara.com

Zara has debuted an impressive spring/summer lineup of handbags, which span everything from quirky, neon totes to chic leather carryalls.

● METRO



Katy Perry marks fragrance launch in Toronto

Choos. This is made all the more clear by the speed at which anything worn by the Duchess of Cambridge sells out.

The polished looks the sisters have worn these past few months are not

unlike the office-appropriate dresses you might see in Ann Taylor. It's the kind of safe clothing, that would make most fashion types balk and is also the very thing that makes them a colossal hit.

LASIK MYTH #2

"LASIK doesn't treat astigmatism."

LASIK FACT

LASIK corrects astigmatism more effectively than glasses or contacts.

Dr. Pierre Dornier MD, FRCSC 60,000 procedures
Dr. Avi Wolfenstein MD, FRCSC 65,000 procedures
Dr. Ralph Zabel MD, FRCSC 25,000 procedures

LASER VISION CORRECTION

Starting at

\$490

/eye*

IntraLase SBK available

Forget the myths... get the facts!
Visit www.lasikmd.com/facts

LASIK MD

VISION

FREE Consultation
1-877-769-3030
www.lasikmd.com

IntraLase SBK Available

OTTAWA: Chambers Building
42 Elgin Street

Jean therapy for this season

They're every man's wardrobe staple, yet some get this so wrong We round up the best styles to wear



RICHARD PECKETT
@METRO.LU

METRO WORLD NEWS IN LONDON

Most men think they can pull on a pair of jeans and look instantly cool. Little do they know the fit is all

wrong. It happens to the best of us. Case in point: Obama's high-waisted, straight-legged disasters.

Another style to avoid: bootcut jeans. It's the sexually confused teenager of the jean world: neither a

flare nor a straight-cut.

That said, the '70s look is big this summer but it's best to keep the look on a

leash and stick to slimmer denim to avoid resembling a wannabe pimp or a line dancer.



1 LEVI'S

1955 501, \$270, mrporter.com
Get the '50s style down pat with a rockabilly cut, classic white tee and turn-ups.



2 TOPMAN

Dart jeans, \$90, topman.com
The darted pockets is what gives these high-waist numbers a cool, retro edge.



3 UNIQLO

skinny jeans, \$40, uniqlo.com
Squeeze into these skinnies (but don't go too tight) and get yourself down to a hipster club.



4 DENHAM

Apache jeans, \$284, denhamthejeanmaker.com
Loosen up with this tapered style from the cult Dutch label.



5 NUDIE

Grim tim dirty organic jean, \$328, nudiejeans.com
These organic jeans are for the eco-friendly fashionista.



6 ACNE

Max phoenix, \$260, acnestudios.com
A nice, flattering nod to the '80s.

In today's busy, hectic world, isn't it great to know that Hillary's Cleaners is always there for you to take care of all of your dry cleaning needs. Hillary's Cleaners has offered quality dry cleaning services in Ottawa for over 60 years, and with 12 locations, there's one right near you!

QUALITY, DEPENDABILITY AND SERVICE YOU CAN TRUST.

Same day service and **FREE** home or office pick-up and delivery!

June Monthly Special
MIX N MATCH GOLF SHIRTS AND SHORTS!
BRING IN 5 BUT PAY FOR ONLY 4

60
Years of Excellence

Hillary's
DRY CLEANING IN TOWN

Find out about all of our services and more at Hillarys.ca or call 613-798-0734

How to dewify your skin

THE KIT

"Keep night cream on the bedside table so you can leisurely massage it into skin, slide into sleep and wake up with a radiant complexion."— U.K.-based Olay celebrity facialist Anastasia Achilleos

A fix for slack, dry, tired faces, Olay's Professional Pro-X Inten-

sive Treatment Mask is infused with 35 ml of serum. One 10-minute mask equals brighter, firmer, dewier skin for your night out.

The 30-day treatment,

which includes five masks and a month's supply of Olay Professional Pro-X Skin Tightening Serum, sets you up for much longer.

\$60, olay.ca

SUBSCRIBE FOR FREE TO THEKIT.CA—AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

BRIO

Swimwear for Every Body

911 Bank Street & 380 Richmond Road

Style doesn't take vacations

► Modernity and colour to dominate resort looks for rest of year ► Looks meant to last well past your getaway



► Diane von Furstenberg

The resort season is not a time for fashion to take a vacation. Resort collections, which hit stores during the all-important Christmas holiday shopping season, are a growing part of designer businesses as consumers move toward styles they can wear year-round.

The idea that people fully switch their closets between seasons is outdated, agrees Ken Downing, senior vice-president and fashion director for retailer Neiman Marcus.

Shoppers of today are looking for clothes they can wear the day they buy them, he says, and resort wear typically meets that demand. Not to mention that resort clothes also spend the longest time on the full-price selling floor.

The name "resort" is a holdover from the days when brands would offer a few key pieces for their wealthy snowbird customers who'd flee cold climates at Christmastime.

The modern definition, however, has evolved to be more of a code word for new, fresh merchandise.

"I'm happy to see design-

ers really paying attention to resort, and to really put into it design and style," Downing says.

True fans of fashion

know that this transitional period also gives a clue where designers are heading in the future, Downing adds.

Expect to see less black, more red, navy and neon, and some surf and scuba influences.

THE ASSOCIATED PRESS

Trend of the week

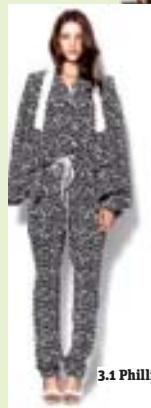
PRINTS-TASTIC

After a spring/summer season of eye-popping brights, fashion transitions to wild and fun prints for the resort 2012 collections. Here are some of our favourites.

Givenchy



Prabal Gurung



3.1 Phillip Lim



Suno

la Vie en Rose

OUTLET

OFFER BEGINS JUNE 22, 2011

COMFY DEALS

2 BRIEFS FOR
\$2⁹⁹



2 BOXERS FOR
\$4⁹⁹



Reg. \$12⁹⁵ ea.

On selected items or equivalent. While quantities last. Models and colours may vary from store to store. Other special offers also available online.

YOU MAY ALSO LIKE



T-SHIRT FOR HIM

\$3⁹⁹ ea.
Reg. up to \$7.95 ea.



BRA

Starting at
\$4⁹⁹
Reg. up to \$33.95



PANTIES FOR HER

4/\$5⁰⁰
Reg. up to \$9.95 ea.



CAMISOLE & BOXER

\$4⁹⁹ the set
Reg. up to \$16.95 for the set

OFFER VALID IN THE FOLLOWING LA VIE EN ROSE OUTLET STORE ONLY:
OTTAWA TRAIN YARDS – 550 Terminal Ave. (Bldg. B, Unit 10), Ottawa (Corner Industrial Ave.) (613) 241-6433

LAVIENROSE.COM Visit us on Facebook

Get the Moroccan look

► Bring an exotic feel to your home this summer ► Rich pinks, purples and turquoise colours meet mosaic and lattice-inspired shapes ► This far-away style is becoming increasingly popular in modern homes

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

Morocco is influenced by the many cultures that surround it.

Acting as a crossroads between the east and west, north and south, Moroccan decor blends styles from France, Portugal and Spain from the northwest, with strong African, Persian, and Islamic influences from the south and east.

This results in a unique and inspirational style specific to Morocco.

Want to create the perfect ethnic-inspired gro-tto or outdoor retreat? Here's a few elements to consider incorporating.

Strong Moroccan colours

Colour is the focal point of Moroccan decorating.

Use colours like turquoise blue and bright green, mixed metallics like gold and silver for nighttime glitter, and rich reds and oranges that conjure up images of African sunsets.

Moroccan-style furnishings

Interior spaces are busy



► Moroccan-style beds and sofas are inviting and set low to the ground.

with patterns but simple with furniture.

Sofas and tables are inviting and set low to the ground.

Add colourful pillows, blankets and rugs to the ground for another level of entertaining in true Moroccan style.



1



2

1 WEST ELM \$400

MOROCCAN HEADBOARD: Frette and lattice cut-out shapes are reminiscent of Moroccan-inspired furniture.

2 HOME DEPOT. \$119

TANGIER RUG: Layering inside or outdoor rugs helps give comfort underfoot in true Moroccan style.



3



4

3 PIER ONE \$25-\$40

MOROCCAN LANTERNS: Colourful glass and exotic shapes add an exotic feel to any room.

4 CRATE AND BARREL \$80

SYMMETRY PRINT: Artwork that looks like tiles help give a handmade exotic feel to the walls.

Floors in Moroccan interiors

Floors of dark hardwood are covered with plush Persian rugs, and stacked floor cushions create the perfect base for a Moroccan-style room.

Ceramic tile is often used for flooring and gives a cooling effect underfoot.

Plants for Moroccan decor

Placed in large, colourful pots or baskets, exotic plants such as banana trees or papyrus help to create an oasis-like feel in a Moroccan-style home.

Overhead umbrellas and canopies

Richly coloured sheer or silk swagged over seating or dining areas or mosquito netting over beds add a mysterious touch, reminiscent of desert bazaar tents.

How provocative!

Sensual Moroccan scents

Choose candles, incense, or diffusers in scents rich with spices like cinnamon, nutmeg, saffron, or any exotic spices.

They'll help turn your outdoor space into a Moroccan bazaar.

Romantic lighting

- Dim lighting can be achieved by lamps and pendants made from coloured glass, cut metal and carved wood.
- Using candles in traditional lamps will add the romantic element of moving light to your decor and exotic scents.
- Simple glass votives wrapped on the outside with colourful cellophane paper will also add an inexpensive and colourful flicker to your space.

Frank J. McDonald
Property Management

170 Lees Avenue
Rideau East Apartments

New Canadians Welcome!
Close to the University of Ottawa / Transit
All inclusive
Underground Parking
Laundry Room
On-site convenience store, restaurant & coffee shop
On-site Management Office

1 BEDROOM APARTMENTS \$700/MONTH!

Call: **613-233-0956**
Monday - Friday 9am - 5pm

Keep kids away from lawn mowers

► Tips to help keep them safe

Between 1990 and 2006, a total of 1,161 patients visited Canadian hospitals for lawn mower-related injuries, according to Health & Safety Watch.

Here are some tips from the organization to ensure safety around lawn mowers:

- Never allow children to play on a lawn mower, even if it is turned off
- Never allow a child to ride on a riding lawn mower with you
- Keep children indoors and do not allow children to play nearby while you are mowing
- Children should be at least 12 before operating any lawn mower and at least 16 to operate a riding mower
- Before mowing pick up stones, toys and debris from the lawn to prevent injuries from flying objects
 - Wear shoes, not sandals, and use eye and hearing protection
 - Start and refuel mowers outdoors, never in a garage
 - Refuel with the motor turned off and cool

THE CANADIAN PRESS



► Health & Safety Watch advises children be at least 12 before operating a lawn mower.

Green lawn, green lawn mower

You might not realize it, but that old gas mower sitting in your shed is a major contributor to summertime air pollution. In fact, running an old gas-powered lawn mower for one hour can produce as much air pollution as driving a new car 550 kilometres.

There are green choices when it comes to lawn care. What you use comes down to the size of your yard and personal preference.

The greenest choice by far is a reel mower powered by you. Ideal for small, flat lawns, these simple and quiet mowers release no pollution into the atmosphere. You'll get your exercise and achieve top notch results with a durable Craftsman reel mower from Sears.

For up to half an acre, an electric or battery powered mower is a great green choice.

Compared to a gas mower, they are cleaner and quieter plus without the need for fuel, tune-ups and oil filters, you will spend less money on maintenance.

Sears offers both corded and cordless options. With a cordless electric mower you can move around the yard with ease but running time is limited to the chargeable battery power.



► There are lots of options for reducing the pollution of a traditional gas-powered lawn mower.

The corded electric mower has unlimited running time but will only reach as far as the extension cord will allow. Again, the choice depends on preference and yard size.

Gas powered mowers are ideal for large lawns, but they release pollutants

into the atmosphere. For a greener gas mower choose the Craftsman 22-inch front-wheel lawn mower with the Eco Plus technology engine. These mowers emit 38 per cent less exhaust emissions than current Canadian standards.

NEWS CANADA

411 North River Road
613-741-4411

email: Ottawa@globegeneral.ca
www.terracesgabrielle.com
www.globegeneral.ca

PREMIUM RENTAL APARTMENTS

◆ Indoor Salt Water Pool	◆ Rooftop Terrace
◆ Fitness Center	◆ Window Blinds
◆ In Suite Washer and Dryer	◆ Hardwood Floors

Penthouse suite, one bedroom available for July 1st overlooking the City and Rideau River

THE PERFECT RETREAT IN THE HEART OF THE CITY.

Overlooking the Rideau River, Strathcona Park and the Rideau Tennis Club, Terraces Gabrielle is the perfect choice.

GOLDEN OAKS

RENT 2 OWN CANADA

OWNING YOUR OWN HOME HAS NEVER BEEN EASIER!

For more details visit our website:
rent2owncanada.ca

Secrets to being a savvy street shopper

- One person's trash is another person's new bedside table
- Scavenging for curbside throwaways involves risk — and reward

DIY IDEAS

For those short on cash, grabbing a curbside cast-off is a viable solution to redecorating.

However, thanks in large part to the bed bug epidemic, this form of recycling can lead to expensive risks.

Husband and wife design team Linda Wary and John Meyers are experts in all things vintage.

Their book, *Tossed & Found: Unconventional Design from Cast-Offs* is all about repurposing found

objects. They give us a few tips.

Walk away from upholstery

Bed bugs hide and lay eggs in almost any material, especially soft textiles.

Never bring bed frames, mattresses, box springs or upholstered furniture into your home, warns the duo.

Also: "Fabric on an upholstered chair can age and develop mould," says Wary, "and a rusty spring or staple inside a chair can break or pop out — and you don't want to sit on that."

(A deep puncture wound, such as from a spring or staple, is most sus-

ceptible to tetanus infection — see your doctor if you get pricked!)

It's a treasure hunt

When it comes to salvaging, "sometimes you can find one-of-a-kind items that you're never going to find anywhere else, like a five-panel wood door or (an art deco) piece of brass," Meyers affirms.

Sniff test

Before it's dealt with at home, smell it! "Cigarette and (urine) odours never come out," Meyers warns.

A musty smell on an end table might clear out if it's

left out in the sunlight for a day or two.

"But it depends on the severity of the smell," Wary adds. "I once left an old jacket out for an entire summer!"

Is it cost-effective to pick it up?

"Can you realistically clean it up if it's a little dirty? Or if it's a lamp, are you going to be able to rewire it if it doesn't work?" Meyers says. "If it seems impossible to fix, re-donate to the curb."

Safe bets

Glass vases or plastic storage boxes are usually reli-



► Previously owned dresser seeks loving home.

ably clean finds. "If it looks like it's in good shape, with no strange smells, don't worry about cleaning it before bringing it home," Wary says.

Soap and water

If you spot a dusty dresser or lamp, gently wipe off grime with a soapy sponge. "A harsh chemical could damage old finishes, so best to start with a mild cleanser," she says.

● METRO

Early Occupancy Homes Available NOW!!!

Ask About The Décor Bonuses Being Offered!

Some Exemptions Apply



Valecraft
Homes Ltd.

Prices, terms and specifications are subject to change without notice. E & O.E.



Bradley Estates North

400 June Court

Model: Pretoria Sp

2,145 sq. ft. 3 bedrooms 2.5 bathrooms

Available Immediately

\$484,900



Bradley Estates North

416 June Court

Model: Orford III

2,790 sq. ft. 4 bedrooms 3.5 bathrooms

Occupancy: September 6, 2011

\$505,047



Bradley Estates North

213 Ziegler Street

Model: Gray Rocks

2,594 sq. ft. 4 bedrooms 2.5 bathrooms

Available Immediately

\$584,900



Bradley Estates

100 Joshua Street

Model: Orford II 3-car

3,010 sq. ft. 4 bedrooms 3.5 bathrooms

Available Immediately

\$610,900

VISIT www.valecraft.com OR 217 Ziegler Street . 613-830-6955

Bamboozling bamboo choices

► Some species are tasty and make lovely sounds in the breeze ► But other kinds require constant care

DEAN FOSDICK/THE ASSOCIATED PRESS



► Fast-growing bamboo can create privacy by acting as a living wall.

Gardeners are often bamboozled by bamboo, particularly the running kinds that are notorious spreaders.

Most of the clumping varieties can be contained, however, growing quickly into attractive specimen plants and screens. It's important to know the difference before you buy.

"Bamboo is really nice to look at and it has a pleasant rustling sound in a breeze that reminds me of white noise," said Jeff Schallau, an agricultural and natural resources agent with University of Arizona Cooperative Extension at Prescott. "It also is a great barrier plant if you want privacy or want to block something out."

There are more than

1,400 different bamboo species, which range from north of the Arctic Circle in Norway to the steamy tropics of Southeast Asia. It is one of the fastest growing plants in nature.

"In ideal conditions, there's been bamboo recorded to grow 39 inches (about a metre) a day," said Ted Meredith, author of *Bamboo for Gardens* (Timber Press, 2001).

Many bamboo varieties can be used as container plants, attractive on a sunny patio or porch, said Meredith, who lives in Edmonds, Wash.

"One of the good things about bamboo is that it's a vigorous, happy plant, but a downside is that it gets root-bound more quickly," he said. "It's easy, though,

to take it out, divide and repot it. Most of the stems are hollow, making it light and portable in containers."

And bamboo serves as good building material for fences and borders. "Black bamboo is hard and beautiful, and you can make very colourful yard constructions from it," Meredith said.

Bamboo's hardness often causes problems, though. Many varieties can take over a yard if left untended.

"I never recommend planting bamboo unless you're certain about the varieties," said Morgan Judy, an extension agent at Clemson University's Orangeburg, S.C., office.

THE ASSOCIATED PRESS

TALOS



NOW
RELEASED



DISCOVER
THIS UNIQUE ENCLAVE
OF 27 BEAUTIFUL
TWO AND THREE
BEDROOM FREEHOLD
TOWNHOMES IN OTTAWA'S
ESTABLISHED BEACON
HILL NEIGHBOURHOOD.

Just minutes from downtown and the Rockcliffe Parkway and surrounded by every possible convenience, you'll have everything you need to make living at Euphoria a joy.

**EXCEPTIONALLY PRICED
FROM \$334,900**



EUPHORIA
TOWNS

BEACON HILL



**VISIT OUR SALES
CENTRE:**
979 SHEFFORD RD.
SAT & SUN:
12PM - 5PM
(OR ANYTIME BY
APPOINTMENT)
(613) 270-0777
SALES@TALOSHOMES.COM

TALOSHOMES.COM

metro

metronews.ca
THURSDAY, JUNE 23, 2011

SUMMER FUN



► This boast-able burger represents the taste of the nation: Canadian quality beef, smoked Canadian Cheddar, back bacon and seasonings reminiscent of tourtière — Oh Canada!

Bring on the beef



Pia Wiesen has got her Canada Day BBQ all figured out. The restaurant owner, wife and mother, is celebrating Canada's birthday, as well as her family becoming Canadian citizens.

The family emigrated from Germany in the 1994, and today she and her husband Stefan own Pia's Bakery, a restaurant/bakery in Orangeville, Ont.

For Canada Day, she'll prepare much of the meal ahead of time. On the buffet table, there'll be a big platter of tomatoes sprin-

kled with diced shallots, a balsamic and maple syrup reduction with sliced Canadian cheddar and fresh baguette. There will be classic hamburgers dressed up with sliced avocado, tomato and mayonnaise; and salmon burgers served with fresh greens and mayonnaise mixed with chopped

capers. Wiesen will prepare an organic salad and grill baby potatoes too.

"I'll serve rosé, use red and white napkins, and pick white and red poppies for the table for a beautiful Canada Day buffet," Wiesen describes.

A buffet really is the way to go on Canada Day! Make

it a potluck, says Joyce Parslow, home economist at the Beef Information Centre.

Parslow suggests the host prepares the main course meats and ask guests to bring side dishes such as a potato, pasta or grain salad, as well as a leafy green salad or

coleslaw. Be sure there's a platter of vegetables and dip. "I like to do kabobs because they're quick to cook up," says Parslow.

For dessert, everyone loves a big bowl of local strawberries sprinkled with sugar and Grand Marnier, topped with vanilla ice cream and cookies.

Canadian Beef Kebabs

Ingredients:

- 1/4 cup cider vinegar
- 2 garlic cloves, minced
- 2 tbsp EACH maple syrup, chopped green onions and vegetable oil
- 1 tbsp orange juice or whiskey
- 1/2 tsp EACH ground cloves, salt and pepper
- 1 lb beef top sirloin grilling steak, 1-inch thick, cut into 1-inch cubes
- 2 oranges, peeled and cut into large chunks

Preparation:

- 1 Combine vinegar, garlic, maple syrup, onions, oil, orange juice, cloves, salt and pepper in sealable freezer bag. Set aside 2 tbsp for basting.

- 2 Trim beef cubes if necessary. Add to freezer bag; seal and refrigerate for 20 to 30 minutes. Discard marinade. Thread steak and orange chunks alternately onto metal or soaked wooden skewers.



- 3 Grill on lightly oiled grill over medium-high heat, or broil, for 4 to 5 minutes per side or until browned but still pink inside.

BEEFINFO.ORG

The real madness would be missing the

The IKEA Summer Sale starts tomorrow with Midnight Madness. **Friday, June 24**



10pcs meatball dinner for
Was \$4.99
\$1.99
5pm - close



75% OFF
select kitchen door fronts



RANSBY duvet cover set, any size
Reg \$24.99-\$39.99
\$19.99
Limit 2 per customer

Sirloin Beef Cheeseburger**Ingredients:**

- 1 egg
- 3 tbsp dry bread crumbs
- ½ small onion, grated
- ¼ tsp EACH ground cloves and allspice
- ¼ tsp EACH dried marjoram (optional), salt and pepper
- 1 lb lean ground beef sirloin
- 8 slices Canadian smoked Cheddar cheese
- 4 hamburger buns
- 4 sliced back bacon

Preparation:

- 1 Stir egg with bread crumbs in large bowl; add onion, cloves, allspice, marjoram, salt and pepper. Mix in beef until just combined. Shape into four ½ inch thick patties. Make thumbprint depression in centre of each to prevent rounding while cooking.
- 2 Place on greased grill over medium-high heat; close lid and cook, turning once, until digital instant read thermometer inserted sideways into centre of each patty reads 160F, about 10 minutes. Top each patty with cheese to melt.
- 3 Toast buns. Grill back bacon, turning once, until golden, about 1 minute. Assemble burgers by sandwiching slice of bacon, burger patty and some Apple Slaw in buns.
- 4 Crunchy Apple Slaw: Toss 1¼ cups shredded green cabbage, 2/3 cup julienned apple, 1 green onion, sliced (optional), 3 tbsp light mayonnaise, 1 tsp white wine vinegar or cider vinegar and pinch EACH granulated sugar, salt and pepper.

Perfect patio party

- Candles, carafes, movies and music to wow your guests this summer
- Bring that backyard back to life with simple lights and decorations



**ASTRID
VAN DEN BROEK**
FOR METRO

Need to freshen up your outdoor entertaining presentation?

We asked Karl Lohnes, Metro's Décor Moment columnist, and Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada for some new ideas for backyard parties.

Lighting

For safety and ambience, pillar



Cuisinart Stand Blender, \$179.99, available at Future Shop.



candles now come in LED form.

"They're nice to cluster or put in a hurricane glass, even though you don't really have to," says Lohnes.

Or invest in string lights to drape behind a railing or under a patio umbrella. "They add some colour and create some ambient lighting throughout."

Drinks

Buy half-litre glass wine carafes at the dollar store

for each person's setting. "That way everyone has their own personal carafe at their setting filled with white or red wine or sangria even," says Lohnes.

Premix the bases of two or three drinks so nobody's fussing with barware mid-party.

"That way all you have to do is put them in a glass to shake," says Lohnes. Or plug in a blender outside to pour the drinks over shaved ice.

Use what you have.

"If you're serving beer, take a planter and plug the bottom and put cans and bottles in there," suggests Turco.

Décor

Hit the dollar store for

decorating ideas. Lohnes recommends draping faux hula skirts over your patio umbrella or table, or pick up some printed melamine plates to use as chargers.

Set up wireless speakers for music or hook up an outdoor projector on a blank wall.

"Put a classic movie on in the background," suggests Lohnes.

"It adds lighting and sound and it's nice to sit outside and be entertained."

Keep your guest's needs in mind.

Chilly night? Drape blankets over the backs of the chairs for when they are needed. If it's a steamy night, consider a mister spray bottle for guests.

sale.

June 24th from 6pm – Midnight only

Save up to
50%
on select items.*



**GILBERT
chair**

Was \$65
\$39⁹⁹

black-brown
and birch only



**All remaining
summer collection**

**50%
OFF**

Visit **IKEA.ca** for store locations and hours. Or to shop from home, visit our website or call **1-866-866-IKEA**



Any space can be beautiful.

Give 'chicken night' new meaning

► This dish has the flavour of lasagna with the substance of chicken ► It takes 20 minutes to make

The goal was a simple chicken casserole that had the rich, satisfying flavour of a lasagna.

Actually, that's a lie. The goal was a chicken roulade — a dish in which chicken breasts are pounded flat, then slathered or layered with some sort of filling, then rolled into a log and roasted or braised.

Except my roulade didn't co-operate. During roasting, the cheesy innards oozed out all over the baking sheet, then promptly burned. The result was an inedible, ugly mess. Then it occurred to me: If the cheese wanted so badly to ooze out of the chicken, why not reverse the dish and start it that way. And thus was born

Ingredients:

- 250 ml (1 cup) ricotta cheese
- 250 ml (1 cup) shredded mozzarella
- 500 ml (2 cups) prepared roasted red peppers, drained, patted dry and diced
- 1 egg
- 7 ml (1/2 tbsp) lemon juice
- 1 clove garlic, minced
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) dried basil
- 3 ml (3/4 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 15 ml (1 tbsp) olive oil
- 625 g (1 1/4 lb) boneless, skinless chicken breasts, cut into 2.5-cm (1-inch) chunks
- 175 ml (3/4 cup) panko breadcrumbs
- 30 ml (2 tbsp) butter, melted

this simple chicken casserole that tastes like a lasagna.

The chicken can be served over a bed of noodles or rice. It also could be spooned into a sub roll.

Preparation:

1 Heat oven to 200 C (400 F). Coat a 20-cm-by-28-cm (8-by-11-inch) baking pan with cooking spray.

2 In a medium bowl, mix together ricotta cheese, mozzarella, red peppers, egg, lemon juice, garlic,

oregano, basil, salt and pepper. Set aside.

3 In a large skillet over medium-high, heat oil. Add all of the chicken and cook, stirring occasionally, until lightly

browned, 6 to 8 minutes. It does not need to cook through. Transfer chicken to prepared baking pan. Pour cheese mixture over chicken, then stir gently to combine.

4 In a bowl, mix together panko and butter. Sprinkle panko over chicken, then bake for 20 to 25 minutes or until breadcrumbs are browned and chicken is cooked.

THE ASSOCIATED PRESS



Start to finish:
45 mins (20 mins active)
Servings:
8

► This dish can be served over a bed of noodles, rice or in a sub roll.

THIS WEEK'S SUPER DEALS JUNE 24 ~ JUNE 30, 2011

FRI	SAT	SUN	MON	TUE	WED	THU
24	25	26	27	28	29	30

大統華 T&T

Create Canadian Products to Celebrate Canada Day!

Oysters in Shell
-Live (Large)
Sold Closed Only

99¢ /EA

4 DAYS ONLY
Fri, Sat, Sun, Mon
6/24-6/27

While Quantities Last

Dungeness Crab
- Live

5.99 /LB
13.21/KG

4 DAYS ONLY
Fri, Sat, Sun, Mon
6/24-6/27

Under 2lbs each

Beef Short Ribs

4.19 /LB
9.24/KG

Certified Angus Beef Striploin Steak

7.68 /LB
16.93/KG

The only licensed Chinese retailer in Canada

Maple Dragon BBQ Items

2/7.99

T&T Korean Kalbi Marinade Sauce

3.99 /BTL

960g

Save \$2

FREE SAMPLING Sat & Sun

White Nectarines - Large
Product of USA

1.29 /LB
2.84/KG

4 DAYS ONLY
Fri, Sat, Sun, Mon
6/24-6/27

No.1 grade

Starbucks Frappuccino
Vanilla / Mocha

14.98 /CASE

SAVE \$4.01

12 x 281ml

Selecta Ice Cream
Selected Flavours

4.88 /BOX

SAVE \$4.11

1.5L

Mango Mousse Cake
- Sliced

\$1 /Slice

SAVE \$1.79

4 DAYS ONLY
Fri, Sat, Sun, Mon
6/24-6/27

Mushroom & Veggie Buns
Black Pepper Onion Buns

3.49 /PK

SAVE \$1.50

6pcs

4 DAYS ONLY
Fri, Sat, Sun, Mon
6/24-6/27

Quantities and/or selection of items may be limited and may not be available in all stores. No rain checks or substitutions.

Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Descriptions take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.

OTTAWA STORE ONLY

9am-9pm (Sat - Thurs)
9am-10pm (Friday)

224 Hunt Club Road, Ottawa, ON. K1V 1C1 613-731-8113

www.TnTsupermarket.com

SPECIAL INFORMATION FEATURE

Quench your Thirst for Knowledge

JEFF
O'REILLY
OTTAWA@METRONEWS.CA

For the longest time, beer has been considered the poor cousin of wine, but all of that is about to change. Until recently, wine makers have simply been better at educating the masses about their products, and have definitely marketed wines

as being more upscale. While wine has given us their celebrated Sommeliers, the beer industry didn't seem to have a similarly appreciated standard for those who share their knowledge and skill with others. Until now.

Roger Mittag, "The Professor of Beer," saw that people wanted to learn

more, and in 2009 his company Thirst For Knowledge Inc. launched

"Prud'homme," North America's first Beer Certification Program. As demand for his course grew, Mittag put the course online.

This course has something for everyone, from reviewing the history of beer, to brewing procedures,

proper pouring and serving techniques, tasting concepts, and even tutored tastings. Well articulated and easy to understand video information complements cool graphics, helpful glossaries and knowledge checks at the end of each segment.

For more, visit thirstforknowledge.ca.



► "The Professor of Beer" Roger Mittag will quench your Thirst For Knowledge.

Seasonal Sips

Canada Day, July 1: Fledgling Canadian wine region, Prince Edward County, (just a few hours' drive from Ottawa), already boasts some quite impressive wines. Included in that number are the offerings from Closson Chase (dedicated to the Burgundian varieties), Pinot Noir and Chardonnay, which many believe to be The County's calling card. Splash out for Canada Day with **Closson Chase K. J. Watson Vineyard Chardonnay** (\$39.95 +\$230912). (This wine gets some extra home-grown Canadian dazzle from winery co-owner, actor Sonja Smits). Available at Vintages June 25.

American Independence Day, July 4: Zinfandel is the closest thing you can get to an American

grape in the world of fine wine. As well as the pink, sweetish version, Zin makes deep, dark reds. Toast our friends to the south with **Howling Moon Old Vines Zinfandel** (\$18.95 +\$7356). It hails from the inland (and therefore hotter) region of Lodi, referenced in a song by another American classic, Creedence Clearwater Revival: "Oh Lord, stuck in Lodi again." Maybe CCR would have been happier in Lodi if they'd had a nice glass of Zin! Available at Vintages June 25.

ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE AT BABCOCK WINERY IN CALIFORNIA. FOLLOW HER GOINGS ON AT SCRATCHINGSFROMACELLAR-RAT.BLOGSPOT.COM



ARC Lounge is proud to release Chef Jason Duffy's latest menu creation of local & seasonal tastings with a twist

"Fine dining in a comfortably chic setting"

ARC Lounge is proud to be an official **JazzFest** venue

Dinner served Monday to Sunday

TD JAZZ OTTAWA

ARC The Hotel
140 Slater St. Ottawa ON K1P 5H6
613.238.2886 | www.arclounge.ca

ARC LOUNGE DINING

JOHNNY FARINA
CASUAL ITALIAN EATERY
restaurant | bar | lounge

216 ELGIN ST. | 613.565.5155 | JOHNNYFARINA.COM

If I only had \$100, I would buy at Vintages...



SUSAN DESJARDINS
OTTAWA@METRONEWS.CA

Amarone, Ripasso and Valpolicella are the stars in the June 11 LCBO Vintages release. They are generally produced from the same grapes, but the flavours are deeper with Ripasso and more intense with Amarone.

Tedeschi Corasco 2008, Italy, LCBO#216440 \$15.95 Produced from local varietals, richly textured and attention-grabbing.

Dal Maso 'Montebelvedere' Cabernet 2007, Italy, LCBO#224773 \$16.95 A blend of the Cabs, this is an approachable wine with spice and red berries.

Sue-Ann Staff Estate 'Robert's Block' Riesling 2009, Ont. LCBO #231415 \$20.95 Dry and light-medium bodied, look for an abundance of aromas, fresh acidity, tangy lime and stone fruit.
Rose Hill 'Private Reserve' Cabernet/Merlot 2007, Ont. LCBO#233841 \$18.95

Savour a core of rich dark fruit, sweet spice and a hint of chocolate.

Barossa Valley Estate 'E-Minor' Shiraz 2009, Australia, LCBO#71043 \$17.95 Dry, full-bodied, fragrant and robust.

GRAND TOTAL: \$90.75
For more information, go to savvycompany.ca.

Zero-mile diet at City Crops

City Crops Co. will build a garden in any front, back or side yard of underutilized land growing heirloom vegetables like purple carrots and white watermelon — for free. In fact, landowners get one-

quarter of the produce in return. Laura Bouchard and Liam Mooney started this community-garden project only a month ago. "It will be totally rewarding! Anybody can do it, I promise!" says Bouchard, an urban farmer who has been overwhelmed with support. For a free garden or to volunteer, visit citycropsco.com.

✪ SAMANTHA EVERTS



ORLÉANS FARMERS' MARKET

Fridays • until October 7 • 11 am – 6 pm
240 Centrum Blvd • Centrum Plaza • Orléans

OTTAWA FARMERS' MARKET

Sundays • until October 30 • 8 am – 3 pm
1015 Bank Street • Lansdowne Park • Ottawa

OttawaFarmersMarket.ca

Scan QR code
reveal promotion



OBSESSION

LOUNGE PATIO GRILL

RELAX SAVOUR CELEBRATE INDULGE EXPLORE

NOW OPEN! THE EXPERIENCE BEGINS



fresh obsessed menu

exciting cocktails

beautiful ambience

GIANT SECOND FLOOR PATIO!

1575 ST. LAURENT (JUST SOUTH OF BELFAST) 613-288-0506



www.myobsession.ca

KEN'S JAPANESE RESTAURANT
217 Rideau Street
613-860-6788
www.kenjapaneserestaurant.com

**ALL YOU CAN EAT
BUFFET EVERYDAY**

Lunch \$12⁹⁹
Dinner \$21⁹⁹



DINE IN OR TAKE OUT

**NOW
LICENSED**

We want to
thank all our
guests for
supporting
**Ken's Japanese
Restaurant**

On guard!

► Whether you're driving, walking or riding a two-wheeler, learn the rules of the road to stay safe



The general rule about traffic on roads, sidewalks and pathways, says Denys Beames, author of Taking the Road and a national examiner for the CAN-BIKE program, is this: "The smallest and slowest vehicle has the most right of way. That means a pedestrian has more right of way than a cyclist and driver, and a cyclist would have more right of way than a driver."

Here's a quick guide to keeping safe on the roadways this summer.

Pedestrians

• Staying alert is a pedestrian's best defence, says Ray-

nald Marchand at Canada Safety Council in Ottawa. Put away all the distractions (phones, Blackberry's or other electronics).

Children

• Watch children closely whether they are on two feet or two wheels. Their peripheral vision doesn't develop fully until they're 11 or 12, says Beames. They're also not yet able to calculate when moving objects are going to arrive.

• Always cycle behind children; or, if there are two adults, have one in front and one in back.

Cyclists

• Wear bright, light colours (most accidents happen during the day).



► 015_Photo Caption XXXX

• Ride to the right of cars, says Beames — not in the middle of the road where you increase congestion and become an obstacle.

Motorized scooters

• If you're riding a quiet electric scooter, use a bell to let pedestrians and cyclists know that you're

coming up behind them.

• Stay to the right of cars on the road.

Drivers

• Give cyclists, motorized scooters and pedestrians space. Keep your hands on the wheel and focus.

For info, visit ridetraining.org and canbike.net.

Stretching key after a good ride



Had a good ride? It's a good idea to stretch out the muscles you've used. It feels amazing and may help prevent soreness later on.

We asked Christine Cairns, über-cyclist and customer service manager with the Toronto-based Canadian Association of Fitness Professionals for a quick stretch program after dismounting. Hold each stretch for about 30 seconds and remember to do both sides!

Figure four

Lie on your back with your legs extended. Cross your right ankle over your left knee. Thread your hands through your legs and grab behind left thigh

— and pull the thigh gently toward your chest. You should feel this stretch on the outside of the right leg. Switch sides and repeat.

Standing quad stretch

While focusing on keeping knees together, grab an ankle and pull your foot back gently so that it almost touches your rear end. Pull gently, keeping your other leg slightly bent. Repeat on opposite side.

Modified hurdlers

Sit on the floor. Stretch out one leg in front of you and bend the other so that your knee almost touches the floor and the bottom of your foot is flat against your inner thigh. Keeping your straight leg extended, gently lean forward from the hip and hold.

Match made in heaven?



Given the dizzying number of types, makes and models of bicycles on the market, choosing one that's right for you can be difficult. A little research, however, will soon hook you up with the perfect ride.

"First of all, you have to figure out what kind of riding you'll do," says Janet O'Connell, executive director of the Bicycle Trade Association of Canada.

"On-road or off-road? Daily commuting or weekend rides on bike paths?"

While there are three general categories of bicycle — road, mountain and cruiser — there are dozens more specialized sub-categories, such as racing, touring and downhill.

Most bikes offer features and components from more than one category. To identify bikes suit your particular needs, work with a bike dealer.



► Choosing a bike that's right for you can be a difficult task.

"Comfort is crucial," says Andrew Feenstra, co-owner of Cyclesmith in Halifax.

Cruisers

These usually have wide tires and seats, upright handlebars and sometimes just a single gear. They are designed for comfort, durability and easy maintenance.

Road bikes

These are lightweight,

feature skinny tires and an aerodynamic riding position that helps you ride fast on paved roads. On unpaved surfaces, they are uncomfortable and hard to control.

Mountain bikes

These tend to be slower and heavier, and come with large, knobby-treaded tires and straight handlebars that put you in a more upright position.

New vs. used

► Buying used can be a great way to get a decent bike for an inexpensive price. But be sure to inspect the bike closely, or you could end up spending a lot on repairs. Many dealers and repair shops sell used bikes with limited warranties — a good compromise. Test-ride a bike for five or 10 minutes to ensure it meets your needs.

ELECTRIC SCOOTERS

STARTING AT
\$1,069



✓ NO LICENCE
✓ NO REGISTRATION
✓ NO INSURANCE

RENTAL SPECIAL
\$45
per day

Green Pedal

e-Scooters

SALES • RENTALS • SERVICE • PARTS • ACCESSORIES

The widest selection of models
at unbeatable prices

598 Rideau Street, Ottawa
(613) 656-5373

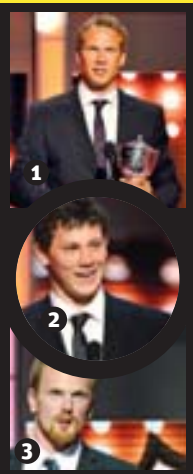
www.greenpedal.ca

Ottawa's Electric Scooter Leader Since 2008

REEN PEDAL ELECTRIC SCOOTERS JUNE 22-210

4
sports

NHL awards



- 1 Nicklas Lidstrom won the Norris Trophy.
- 2 Jeff Skinner won the Calder Trophy.
- 3 Daniel Sedin won the Ted Lindsay Award.

THE CANADIAN PRESS

Premature. Exit



► Gilles Muller, left, and the Wimbledon umpire check on Milos Raonic after he fell down awkwardly yesterday.

JULIAN FINNEY/GETTY IMAGES

Raonic at the centre of Canada's painful day at Wimbledon

It was a rough day for Canada at the All England Club. Milos Raonic retired because of injury yesterday and Rebecca Marino and Stephanie Dubois also bowed out in the second round as the last Canadian singles players were eliminated at Wimbledon.

Raonic had just broken Luxembourg's Gilles Muller for a 2-1 lead in the first set when he went down awkwardly and was forced to call it quits after just 23 minutes. The 20-year-old from Thornhill, Ont., went to hospital for an MRI. THE CANADIAN PRESS

Instant payoff unlikely for Sens at No. 6

THE HOCKEY NEWS

KEN CAMPBELL
OTTAWA@METRONEWS.CA

If the Ottawa Senators are truly seeking a bona fide second-line centre to play behind Jason Spezza next season, do they really think they're going to find him at the draft in Minnesota this weekend?

For goodness sake, let's hope not. Expecting an 18-

year-old to come out of junior hockey and fill that role in a market where his every move will be scrutinized is just asking for a case of arrested development — even when you're talking about what might be the sixth-best draft-eligible player in the world.

The Senators go into St. Paul, Minn., with the sixth-overall pick and a desire to move into the top five. In that respect, they can join the club. Everybody wants to move up but few manage to. So for kicks and giggles, let's just assume they stay where they are.

That probably means they'll miss out on the

likes of Ryan Nugent-Hopkins, Adam Larsson, Jonathan Huberdeau, Sean Couturier and Gabriel Landeskog. That could change if the New Jersey Devils, who pick fourth, pass on Couturier. Speculation is they like Couturier, but if they change their mind he could easily fall to the Senators.

Couturier's stock dropped this season despite playing for Canada at the world juniors. He is a big man and could help teams in need of strength and power down the middle. There are concerns about his skating, but his ability to protect the puck

down low and play a cycle game has scouts excited.

Couturier is certainly not the only centre available. Ryan Strome of the Niagara Ice Dogs finished third in scoring in the Ontario Hockey League this past season, going from 27 points in 2009-10 to 106 in 2010-11.

A dark-horse candidate is Swedish centre Mika Zibanejad, who put in a very good showing playing 25 games for Djurgarden in the Swedish Elite League this past season. He's a big body and while he doesn't play a particularly physical game, he does drive hard to the net and has power-

forward tendencies.

The Senators have David Runblad and Jared Cowen ready to challenge for spots on defence, which likely deters them from going off the board and taking a high-risk/high-reward blueliner such as Ryan Murphy of the Kitchener Rangers. Dougie Hamilton of the Niagara Ice Dogs has an offensive bent, but is seen as much more of a two-way defenceman.

The Senators will almost certainly get a very good future NHL player this weekend. But to expect that future to materialize as soon as next season might be a little too much to ask.

Terrain de Golf
UPPER CANADA
Golf Course

SAMPLE OUR AFTERNOON TEE!

Savour everything Upper Canada Golf Course has to offer with our **NEW for 2011** monthly membership. Purchase by the 1st of the month and enjoy the same benefits as a regular membership for only \$400! Call for full details.



Morrisburg, Ontario ♦ 1-800-437-2233 ♦ uppercanadagolf.com



After 18 — stop by the...

The 19th Hole
BAR & GRILL

Join us in our **NEWLY RENOVATED** restaurant for fabulous food and drink!

Reservations recommended.
613-543-2035

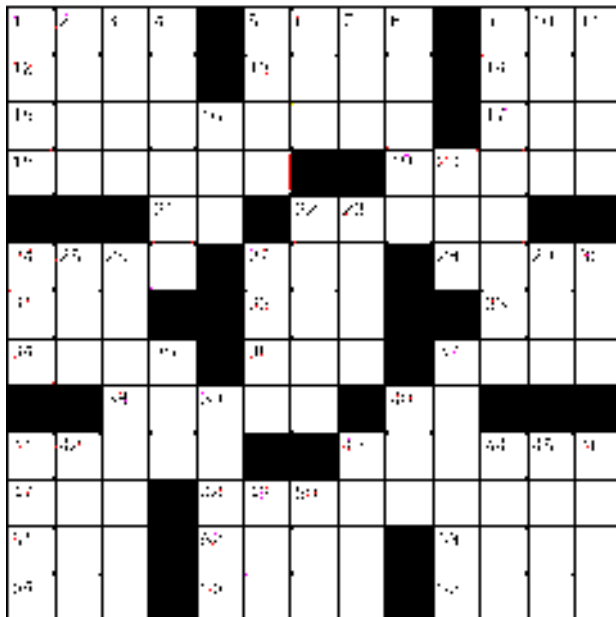
Crossword

Across

1 Persian sprite
5 False god
9 Quilters' get-together
12 Tied
13 Pond organism
14 Young fellow
15 Ceremonial greeting
17 Spoon-bender Geller
18 Soldiers
19 Occurrence
21 Yours truly
22 "Get lost!"
24 Ellen of "Juno"
27 Cattle call
28 First-rate
31 Mess up
32 Recede
33 Raw rock
34 Coral structure
36 In medias —
37 Winter forecast
38 Presbyterian
40 The x in "2x4"
41 Hiawatha's craft
43 Get along somehow
47 Cage piece
48 Swift pooch
51 Oklahoma city
52 Family member
53 Party pooper
54 Has permission
55 Green or Rogen
56 Fill till full

Down

1 Saucy
2 Always
3 Start over
4 1040 information

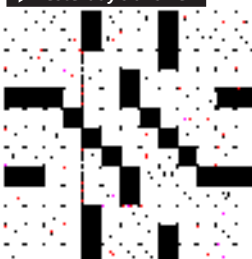


5 Prohibits
6 Matterhorn, for one
7 Time of your life?
8 Procrastinator's reply
9 The Marcell's biggest hit
10 Deserve
11 Rewrite
16 Mimic
20 Cistern
22 Uninfluenced?
23 Corn castoffs
24 Apiece
25 Pluralized

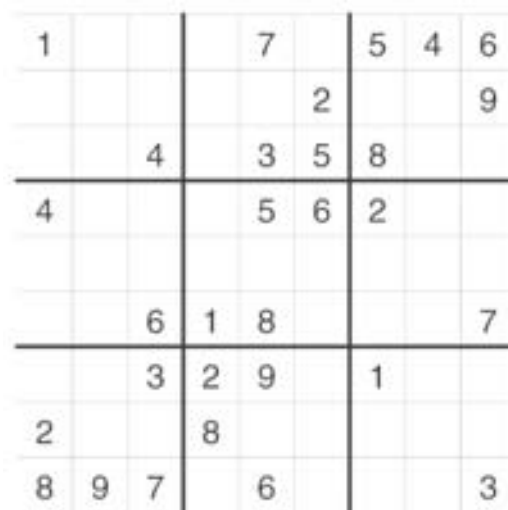
26 Wisconsin city
27 Unembellished
29 Expert
30 Stitch
35 Sitcom waitress
37 Churchly councils
39 Impressionist
Edgar
40 "Humbly!"
41 Pull an all-nighter
42 Verdi opera
43 Folklore
44 Emanation
45 Summertime pest
46 Advantage
49 Regret

50 Tolkien tree creature

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7	4	3	2	9	8	6	1	5
6	9	1	5	3	7	2	8	4
2	8	5	1	4	6	9	7	3
3	1	4	7	8	9	5	2	6
5	6	7	3	2	4	1	9	8
9	2	8	6	1	5	4	3	7
8	7	2	4	5	1	3	6	9
1	5	9	8	6	3	7	4	2
4	3	6	9	7	2	8	5	1

Yesterday's answer ►

Today	21°/16° Thunderstorms 70%	Friday	21°/16° Rain 80%	You have voted us #1 for best forecasts on TV. Thank you Canada!
				TW11 incorporates MSC data

Today's horoscope

♈ **Aries** March 21-April 20 You don't like to admit you made a mistake but you'll have no choice today as something you started last week goes spectacularly wrong.
♉ **Taurus** April 21-May 21 You will have to make some serious sacrifices over the next few days.
♊ **Gemini** May 22-June 21 You are not in the mood to make compromises and will insist that things are done your way or not at all.
♋ **Cancer** June 22-July 22 Why are you running from something you fear? You should run towards it.

♌ **Leo** July 23-Aug. 23 If someone is trying to muscle in on your territory, don't make a big issue of it. Ever heard of sharing?
♍ **Virgo** Aug. 24-Sept. 22 What happens today, tomorrow and over the weekend will change the rules of the game you are playing.
♎ **Libra** Sept. 23-Oct. 23 Always give yourself two, or even several, options. That is key for you.
♏ **Scorpio** Oct. 24-Nov. 22 You will get the chance to make your dream come true, but it may cost you — in more than just money.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 You need to make a decision about a relationship that has been causing you sleepless nights.
♑ **Capricorn** Dec. 22-Jan. 20 You really must reward yourself with a rest. Not even a Capricorn can carry on forever.
♒ **Aquarius** Jan. 21-Feb. 18 Whatever you are working on, see it through to the end.
♓ **Pisces** Feb. 19-March 20. You will be reminded today that taking too much for granted is never a good idea. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE *Unbeatable*

Paris Air + First 2 Nights
\$389

Royal Fromentin + taxes & fees \$485
INCLUDES Montmartre accom near Moulin Rouge and Sacre Coeur. Departs Sep 5/thn/ts.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex. Montreal. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. In-holiday network, ts=transport. Head office address: 1 Dundas St W Suite 200, Toronto, ON, Call for retail locations. QNTF REG #4671384

TPI NEW YORK CITY
Woodbury Shopping Outlets & the Manticello Casino/Raceback
BUS TOUR August 19 - 22, 2011

Holiday Inn Madison Square Gardens (2N) and The Lodge @ Rock Hill (1N)
Price: \$450 Quad; \$475 Triple; \$500 Dble per person, Canadian funds
Transportation, 3 Nights Accommodations and all Taxes included.

PRIZES & PLENTY OF FUN

For additional information, call Sue's Direct Line at **613-728-2080** or email sbourgon@tpi.ca
BOOK BY JUNE 29

www.tpiworldwide.com/suebourgontpi

find us
follow us
like us

We're all over your city in more ways than one. Metro brings you breaking news and great reviews.

metro

SuiteDreams.com



*Suite Summer
Sale*

Cartier Place
SUITE HOTEL

LOCATION • HOSPITALITY • VALUE

Special Senior Rates



250 spacious suites with kitchens | Romantic suites with Jacuzzi | High speed Internet | Games room
Banquet rooms | Indoor pool | Fitness room and sauna | Business suites | Children's playroom

180 Cooper Street | PHONE: 613.236.5000 | FAX: 613.238.3842

FOR RESERVATIONS: 1.800.236.8399

Located between the Rideau Canal and trendy Elgin Street

Downtown Ottawa



Pet Friendly



ELITE

GATINEAU



REDEFINING CUSTOMER SERVICE

0% PURCHASE FINANCING
FOR UP TO 60 MONTHS*
ON ALL 2011 MODELS.

1.9% LEASE FINANCING
FOR UP TO 48 MONTHS*
ON ALL 2011 MODELS.

2011 MAZDA3 GX
(D4XS51 AA00 ONLY)

\$16,295
- \$2,000 SPECIAL REBATE
+ \$1,495 FREIGHT & PDE
\$15,790
+ TAXES



\$105*/Bi-weekly **\$0 Down.**
Taxes Included.

*96 Months at 4.99% with \$0 Down, Taxes Included. OAC



2011 MAZDA2 GX
(B5XB51 AA00 ONLY)

\$13,995
- \$2,000 SPECIAL REBATE
+ \$1,495 FREIGHT & PDE
\$13,490
+ TAXES

\$90*/Bi-weekly **\$0 Down.**
Taxes Included.

*96 Months at 4.99% with \$0 Down, Taxes Included. OAC

2012 MAZDA5



0%
36 mo.
NEW!

Lease From **\$259/mo. 48 mo.**

\$1,995 Down, Freight and Pre-delivery Included. Taxes extra.

0%
48 mo.

2011 MAZDA6



Lease From **\$319/mo. 48 mo.**

\$1,995 Down, Freight and Pre-delivery Included. Taxes extra.

2011 CX-7



0%
60 mo.

Lease From **\$329/mo. 48 mo.**

\$1,995 Down, Freight and Pre-delivery Included. Taxes extra.

0%
48 mo.

2011 CX-9



Lease From **\$499/mo. 48 mo.**

\$1,995 Down, Freight and Pre-delivery Included. Taxes extra.

ASK ABOUT OUR SPECIAL OFFERS FOR EXISTING MAZDA CUSTOMERS.

READY TO ROLL
UP TO **\$750**

*0% APR. Purchase financing up to 72 months on 2011 RX-8 and Tribute, up to 60 months on Mazda2, Mazda3, Mazda3 Sport, Miata MX-5 and CX-7, up to 48 months on Mazda6 and CX-9, and up to 36 months on the new 2012 Mazda5. 11.9% lease financing for up to 48 months on 2011 Mazda2, Mazda3, Mazda3 Sport, Mazda6 and 2012 Mazda5, and 2.9% CX-7 & CX-9 Models. Based on a representative agreement for financed amount of \$15,000, the cost of borrowing for a 60-month term contract is \$0, monthly payment is \$250.00 and total obligation is \$15,000. Offers have no cash value and cannot be transferred, assigned or combined. Vehicle may not be as shown. Contact Elite Mazda for details on other specials including Loyalty, Graduate and 1st time buyer programs. Offers end June 30, 2011.

VALUE. EMOTION. ENGINEERING. ZOOM-ZOOM. FOREVER.

ELITE MAZDA • 1205 BOUL. LA VÉRENDRYE OUEST • GATINEAU
ELITEMAZDA.CA • 819.568.6000



MITSUBISHI
MOTORS

Drive@earth

Rallye

#1 VOLUME MITSUBISHI DEALER IN
OTTAWA & GATINEAU.
NEW MITSUBISHI SALES IN 2009 & 2010

TRIPLE
DIAMOND
SALES EVENT
Rallye MOUNTAIN
EXCLUSIVELY AT RALLYE MITSUBISHI.



0% PURCHASE FINANCING
UP TO **60 MONTHS***

GET UP TO \$2,000
FREE GAS*
Only From Rallye Mitsubishi.

10 YEAR
160,000 km
POWERTRAIN LTD WARRANTY
BEST BACKED CARS IN THE WORLD*

2011 LANCER

FROM
'15,998
PREVIOUSLY **'17,598***



2011 RVR

FROM
'19,998
PREVIOUSLY **'21,698***



2011 OUTLANDER

FROM
'25,498
PREVIOUSLY **'27,198***



'114 BI-WEEKLY **'0 DOWN**
TAXES INCLUDED

96 Months at 3.99% APR, Freight, PDE & Taxes Included, OAC.

'149 BI-WEEKLY **'0 DOWN**
TAXES INCLUDED

96 Months at 3.99% APR, Freight, PDE & Taxes Included, OAC.

'179 BI-WEEKLY **'0 DOWN**
TAXES INCLUDED

96 Months at 3.99% APR, Freight, PDE & Taxes Included, OAC.

GRADUATES GET AN ADDITIONAL CASH AWARD OF \$500 TOWARDS PURCHASE OR LEASE.

EVERY NEW RALLYE MITSUBISHI IS DELIVERED WITH FLOOR-MATS AND A FULL TANK OF GAS.



Smart customers always read the fine print. For all purchase financing offers, customers must sign contract and take delivery by June 30, 2011. *36 months term at 5.99%, Freight, PDE and taxes included. Options, Registration and Insurance extra. *0% Purchase financing for up to 60 months on new 2012 Eclipse, Eclipse Spyder & 2011 Outlander & Endeavor, up to 48 months on 2011 Lancer, Lancer Sportback and RVR Models. *Free Gas offer available with 96 Months finance terms only. Lancer DE (\$300) Lancer SE, Lancer Sportback, RVR, Eclipse & Outlander 2WD (\$500) Lancer Ralliart, Eclipse Spyder & Outlander 4WD (\$1000), Endeavor & Lancer Evolution (\$2000). All offers on approved credit. Photos for illustration purposes only. See Rallye for Education Edge terms, conditions, and other details. *Best backed claim does not cover Lancer Evolution and Ralliart models.

RALLYE MITSUBISHI • 1185 BOUL. LA VÉRENDRYE OUEST • GATINEAU
RALLYEMITSUBISHI.CA • 819.568.9999